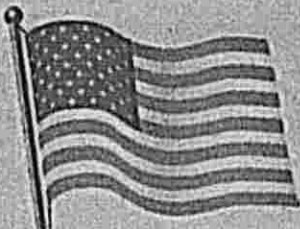


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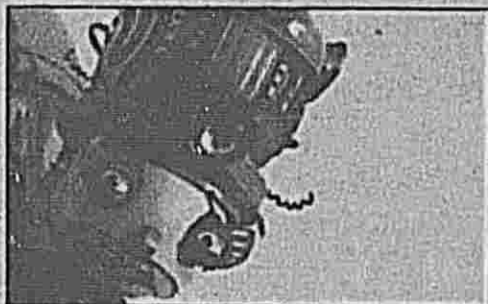
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**MARCH
18-24,
2005**

• 75 CENTS •

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Eye 'Robots'
Review of animated film starring Robin Williams

LAKELIFE • SECTION C



On cue
Creating custom pool cues is a labor of love for craftsman

SECTION C

READER SURVEY
Do we make your grade?

Would like to know how well you are satisfied with the quality of certain features of our newspaper? Please grade A-F, with A being the highest and F the lowest. Please grade:

1. Overall: A B C D E F
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Section A - Local News	Section B - Lakeland
Section C - Sports	Section D - Classifieds
Section E - News	Section F - Other

Lakeland Reader Survey
Tell us how we're doing and you could win your share of prizes!

SPORTS • SECTION D



All-Lakeland Hoops Teams
Meet the area's best boys, girls basketball players

Smouse challenged as Antioch Township Supervisor position

Facing challengers on April 5th ballot

By Ginny Skweres
Staff Reporter

For the last four years, for just less than \$50,000 a year, Steve Smouse has kept the township running smoothly, often behind the scenes. In the next term, the position will pay \$52,498 in the first year.

"I'm doing it because I care about the community, and I plan to stay here," Smouse said.

The township has an annual budget of about \$725,000 a year, and Smouse is proud that the township has had six perfect audits in a row, and always on budget. By doing the budget and book-

keeping himself, that stamp of approval gives Smouse a sense of satisfaction since he saves the township money by not outsourcing the work.

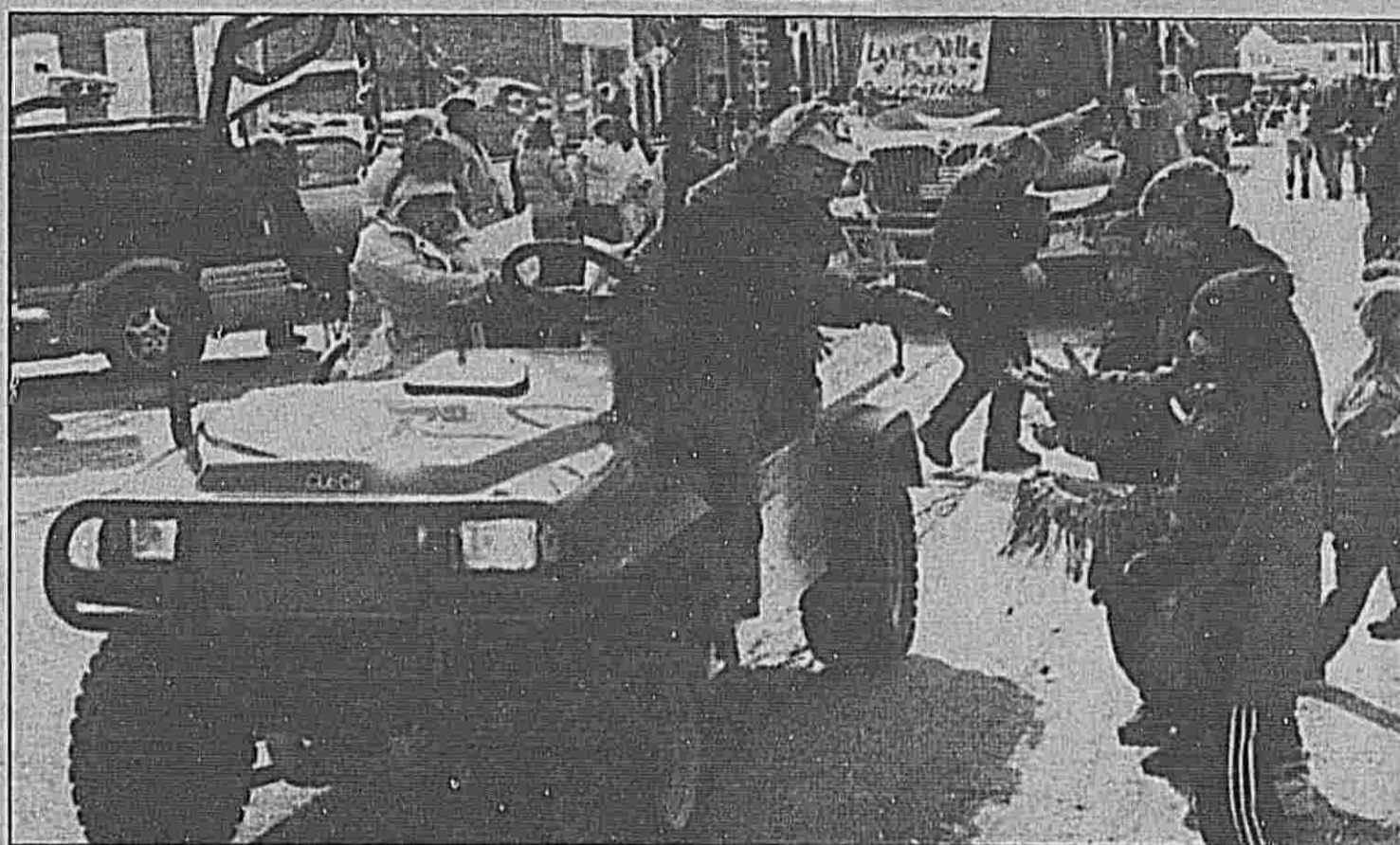
He is also proud of the township's larvicide program, which will begin when the weather warms. Instead of contracting a vendor to do the job, or even using township highway personnel, Smouse said he simply does it himself.

"I go out early in the morning and do all the catch basins along township roads, a few at a time," he said. It has to be done twice to catch both cycles of the mosquitoes,



Steve Smouse:
Township Supervisor

Please see **SMOUSE** / A6



Pat McBride, with Rapp Supply Inc., drives a golf cart, while throwing candy to the children, along side the Lake Villa St. Patrick's Day parade.

FEELIN-IRISH

Look both ways at Depot Street crossing

By Ginny Skweres
Staff Reporter

"Demon Crossing" would be a better name for Antioch's Depot Street railroad crossings, according to resident Terry Kloster.

"Gates go down without a train, or they will go up and down. I saw the gates go up just before a train came speeding through, and I've seen people drive around the gates," he said.

Village administrator Alan Probst said Antioch police have been called to the crossing a few times to manage traffic appropriate-

ly at the gate.

"We've contacted the Canadian National Railroad Company on both the safety issue and at the administrative level. The problem with the guards is due to AC electrical interference. Canadian National is going to send a specialist out from Kansas City," Probst said.

Lee Shannon, director of emergency management, has also talked to Metra, but Probst did not know their response at this time.

"We're just encouraging people to take extra care when crossing the tracks at Depot Street," he said.

ginnys@lakelandmedia.com

Cooperation yields alleged kidnapper, rapist

By Ginny Skweres
Staff Reporter

Police learned the location of George Bates, who is accused of kidnap and rape, after someone read about the story in one of the three local newspapers. The information prompted the person to call the Zion Police Department and inform them of Bates' location. Police received the call Thursday, the same day the story appeared.

Zion police picked Bates up at 9 p.m. and called the Antioch Police detectives with whom they were cooperating. The woman who was allegedly raped and kidnapped is an Antioch resident, which is where the crime began.

"Bates was willing to talk to our detectives," Antioch Police Chief

Chuck Fagan said. Bates told police he and the Antioch woman met at a party on Feb. 28 and used crack cocaine together before they went to her residence. Bates told police they had consensual sex, knowing there would be DNA evidence, Chief Fagan said. Bates denied having a knife.

Bates wrote a statement but didn't like his first effort and put it into a glass of water, and wrote a second statement, Fagan said. However, the detectives retrieved the original statement from the water and it partially implicated him, police said.

Bates was scheduled to go to bond court Wednesday afternoon after press time. That is usually done so his own attorney can try to get bond lowered, Fagan said. The bond amount will probably remain

high because the charges are Class X felonies, he said.

The State's Attorneys office charged him with aggravated kidnapping and aggravated sexual assault, with bond set at \$1 million. In order to be released, Bates would have to post \$100,000 for bail. If the bond amount were changed, Bates would have to pay 10 percent of that amount.

"I'm sure some Antioch residents are relieved because I'm sure some were concerned," Fagan said. "It wasn't a stranger, and there is not a serial rapist in the area. Bates is in the Lake County jail."

"This just shows how much you can accomplish when departments cooperate with one another," he said.

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To the Voters of Antioch

Antioch is my home. It is a place unlike any other...special in so many ways. As a young girl, I came to love this small, unassuming town, where the people next door aren't just neighbors...they're friends.

Growing up in Antioch, one of my favorite houses was framed by a beautiful white picket fence. Always bright white, surrounded by lavender and black-eyed susans, glinting in the heat of the dazzling summer sun.

This simple picket fence would come to represent what I truly love about Antioch.

It was more than just a fence. It was a gift to all who saw it. It represented the civic pride that continues to be so abundant in our small village, and reflected a profound respect for everyone.

It said "I care."

That little girl is me...Dorothy Larson, Your Candidate for Mayor of Antioch.

What I have learned over the past 20 years of political and community service within Antioch is that you can't build a strong village, without building strong neighborhoods. And in Antioch, as it is across our nation, the simple white picket fence is the backbone that makes America strong.

My father, a wonderful, hard working man once told me... "If you don't like something, don't complain about it. Change it." He also helped me understand that each of us has two ears and only one mouth...so we would be best served by listening twice as much as we talk. We have listened to you...the people of Antioch, and with your support, we will bring positive change to Antioch.

My colleagues and I share a vision for a better Antioch and have outlined a plan to earn your trust and your support in the April 5 election.

C.A.P "PICKET FENCES" PLAN

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- Family Aquatic Center
- Improved Sewage Treatment Facility
- Complete Financial Accountability
- Controlled Community-Focused Growth
- Extensive Storm Sewer Repairs

There is much that is good about Antioch. We will make it better. And, as we all know, there is much that needs to be fixed. With your support, we will build a stronger community that will make you proud to call Antioch "home."

IT'S ABOUT ANTIOCH...IT'S ABOUT TIME

VOTE April 5, 2005!

The Citizens for Antioch Party...C.A.P.

- Dorothy Larson – Mayor
- Scott Pierce – Trustee
- Bob McCarty – Trustee
- Robert Kaiser – Trustee

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FWA wants dredging permit

Agency wishes to alleviate sediment buildup, awaits word from Army Corps of Engineers

By Steve Peterson
Staff Reporter

The Fox Waterway Agency (FWA) is seeking permission from the U.S. Army Corps of Engineers for a 10-year dredging permit.

"It is in the public comment period now. The difference in this permit is there are no specific zones, from Wisconsin to Algonquin," said Ingrid Ruttendjie, executive director of the FWA.

"The purpose of the proposed work is to maintain navigable depths and remove boating hazards, channel obstructions and debris in the Chain O' Lakes. The Chain is highly developed with abundant opportunities for commercial and private recreational boating. Accumulating

sediments from Wisconsin and other tributaries in the Chain have made water levels shallower, thereby reducing boat access and navigability. Furthermore, high recreational usage and severe weather conditions on the Chain indirectly result in the accumulation of debris, broken piers and trees in the waterway," the application states.

FWA requests authorization to perform mechanical maintenance dredging on public channels to provide improved navigation, boat access and reduce re-suspension of sediment due to boat traffic and remove floating and submerged debris that is interfering or potentially will interfere with navigation within the Chain and adjacent public navigable channels for a period of 10 years.

Ruttendjie said that the agency has specific requirements for individual dredging requests. All requests must be for work in public waterways.

Some of the steps needed to be considered by the group applying for the dredging permit are: schedule of proposed work; location map; location of dredge material disposal site; description of area to be dredged, including shoreline character; estimate quantity of material to be removed after investigation is complete; proposed use of dredged material; location and type of truck-equipment access; detailed erosion control plan for upland disposal areas adjacent to waters of the United States, including wetlands.

The FWA has established goals for 2005. They are: administrate

Geotube island shoreline revetment and wetland plantings; investigate drying sites and sediment management alternatives; coordinate L-10 move-in and storage structures; administer 2005 operations grant and evaluate future funding opportunities; administer engineering and construction at Ackerman Island; Continue ISACE ongoing maintenance and monitoring evaluations for Pape Island; annual evaluation of code of ordinances; generate 2005 FWA Annual Report-newsletter; create internal permitting protocol with regulatory agencies; evaluate HazMat and emergency response program; coordinate water levels and flooding protocol development and host public meeting.

speterson@lakelandmedia.com



OUR TOWN

Ginny Skweres

College students' success makes Antioch proud

Congratulations to the seven Bradley students from Antioch who were recognized by being named to the Dean's list at Bradley University. Students must maintain a grade point average of 3.5 on a 4.0 scale to be named to the Dean's List.

The students are: Elaine T. Lencioni, Michelle M. Lenczuk, Krystle N. Nowakowski, Ashley M. Slazes, Kristen A. Jensen, Kjeniffer M. Dussault and Michael J. Flister. Keep up the great work!

Some rumors are harder to squelch than others. To make it official, there is not an administrative plan to lay off massive numbers of teachers at Lakes High School. That rumor cropped up about five weeks ago, Superintendent Jay Sabatino said, and it is false. The superintendent said there are a few teachers who plan to retire or resign, but this is a growing time, he said. As long as a teacher has performed well, they will be asked to renew their contract, Sabatino said.

If you're ready for a spring 'event,' the time is only weeks away. Get out your dancing shoes and polish and them up. The German American Club of Antioch will have a dinner dance April 29 at the VFW Hall, 130 E. Grand Ave., Lake Villa.

The doors will open at 5:30 p.m. and dinner begins at 6:30 p.m. Music will be provided by the Paloma and dancing begins at 7:30.

The Open Arms Mission will celebrate the opening of the new location at 2 p.m. Saturday with a ribbon cutting and dedication service. The food pantry is now located at 1548 S. Main St., Antioch, which is a one-story building, a big improvement over hauling food up and down from the third story of its old site.

A local family made the move to the new building possible by contributing the first year's rent. Local businesses have made additional commitments to assist with utilities and other expenses.

In its fifth year of operation, the Open Arms Mission assists an average of 140 families every week. This includes the elderly, homebound and walk-ins. It is open on Tuesdays, Wednesdays and Thursdays between 4:30 and 6:30 p.m.

The Mission has been joined in partnership with local churches, businesses, professional services and private donors which enable the mission to continue assisting local members of Antioch, Lake Villa and Lindenhurst.

If you have interesting information or anecdotes to submit for "Our Town" call staff reporter Ginny Skweres at 847-223-8161, ext. 154 or e-mail, ginmys@lakelandmedia.com

Former village engineer defends reputation

By Ginny Skweres
Staff Reporter

At a recent meeting when Mayor Taso Maravelas vetoed the approval of an ordinance allowing further plans for the development of Menards next to Wal-Mart on Route 173, he used a broad brush to paint a picture of problems.

James Keim, the former village engineer, who now works at Everest Consulting LLC out of Waterford, Wis., said he was compelled to defend himself and his business reputation, as he spoke during the public portion of the last village board meeting.

Maravelas said Keim and his crew were irresponsible in the clean-up of a chemical spill at the wastewater treatment plant in 2003. Taso said Keim put his personal life and pleasures ahead of his duties.

"His comments are frustrating not only because they are untrue but more importantly the mayor used this forum to bolster his unilateral veto of a proposal approved by the village board at the expense of former village employees.

"In simplest terms, Mayor Maravelas' comments are nothing short of slanderous as I was in no way responsible for the spill, nor accused of any wrongdoing," Keim said.

His employment record with the village is unblemished and a source of pride for him, he said.

ginmys@lakelandmedia.com

HEFFERNAN LEADS OFF CHICAGO 2005 ST. PATRICK'S DAY PARADE



Illinois State Treasurer Judy Baar Topinka (third from left) congratulates this year's Saint Patrick's Day Queen Bridget McLaughlin with her court at the St. Patrick's Parade 50th Anniversary Reception held at the Irish American Heritage Center in Chicago's Northwest side. Celebrating the 50th year the Chicago Plumbers Union Local 13 put together the parade. Pictured from left to right: Kelly Green, Arlington Heights, Brigid Ronan, Wilmette, Topinka, Queen Bridget McLaughlin, Chicago, Marie Heffernan, Antioch, and Ann Marie Murphy, Oak Lawn.

PTO plans to begin improvements for Oakland School's playground

By Ginny Skweres
Staff Reporter

The Oakland Elementary School has been busy raising funds to make improvements on the school playground, and presented their plan to the school board Tuesday evening.

The first improvement includes the replacement of the basketball hoops and poles on the playground, and the new equipment has recently arrived. Tammy McCann, chairman of the group, said the PTO also hopes to paint the courts to give

them a fresh look.

In addition to the basket ball improvements, the PTO has raised more than \$6,000 for other improvements.

The PTO has additional plans for playground equipment, which they have broken into two phases since total improvements will cost \$50,000, PTO president Julie Gentzen said.

"We want to update the current equipment and need to review what should stay and what should be eliminated. We need to know the safety guidelines," she said.

Superintendent John Hunt said

the best way to proceed would be for the PTO committee to meet with the board's building committee. That was arranged to take place within the next few weeks. Hunt also offered to see if any grants are available to help defray the costs.

This phase will cost \$15,000 and includes free-standing equipment that is linked together. In order to raise additional funds, the PTO is planning a spaghetti dinner in April.

ginmys@lakelandmedia.com

How many cookies can Antioch eat?

By Ginny Skweres
Staff Reporter

A semi-truckload of Girl Scouts arrived in Antioch recently, sales coordinator Jennifer Chivers said.

Graciously, the VFW let the Girl Scouts of Service Unit 716 use their hall so the cookies could be sorted and picked up by each troop's cookie chair-

man. Since there were 1,799 cases of 12 boxes delivered, the Scouts certainly needed room to spread out.

Brownies, Juniors and Studio 2B Scouts (high school) all knocked on doors in their neighborhood and took orders for cookies. The Scouts will deliver those cookies.

However, if you didn't have an opportunity to order your cookies, don't despair. Different troops will

sell cookies on Saturday mornings in March at various places throughout Antioch. The places include Wal-Mart, Jewel, 966 Route 55; Piggly Wiggly, 460 Orchard Ave.; St. Peter's, 557 Lake St.; and the First National Bank Employee Owned, 485 Lake Street.

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POLICEBEAT

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ANTIOCH

Driving without a valid driver's license

Carl W. Purcell, 20, of 1012 Main Street, was stopped on Main Street and Orchard Avenue at 3:15 a.m. March 15, because the light on his rear registration plate was inoperative. A check by the police officer indicated that his driver's license was suspended. He was charged on both counts and released on personal recognizance. He is scheduled to appear in court on April 27.

John Wolf, 38, of 42116 North Lake View Drive, was stopped at Depot and West Center streets at 1:25 p.m., on March 9. He had been following too closely. When police checked, they learned his driver's license had been suspended. He was released on a personal recognizance bond and is scheduled to appear in

court on March 23.

Arrested on warrant

Andrew H. Faltynek, 32, of 38843 N. Cedar Crest Drive, Lake Villa, was stopped on Route 173 near Tiffany Road after police were notified of a man bent over at the side of the road. He appeared intoxicated, police said, and said he had missed his ride and was walking to a restaurant. The officer offered him a ride and checked the computer, learning there was a warrant out for his arrest for failure to appear in court in McHenry County. The officer took him to the Antioch Police Department, and he was unable to post bond. The McHenry County Sheriff's Office took him into custody at 4:20 a.m.

DUI

Sandra A. Miller, 48, of 26084 West Spring Grove Road, was charged with DUI and

improper lane usage at 11:19 p.m., March 11, as she traveled eastbound on Depot Street and crossed the centerline twice and had to swerve to avoid hitting the curb. She didn't do well on a field sobriety test and almost fell. The Breathalyzer indicated a BAC of .199. She was released on a cash bond and is scheduled to appear in court on April 12.

Thomas L. Jermakowicz, 30, of 691 Creek Bend Lane, after police followed his car because of a complaint had been received. The car was weaving severely and going 10 mph less than the posted speed limit. In the 600 block of Creek Bend Lane he hit a curb and turned left into the oncoming traffic lane, and was stopped by police. He failed a field sobriety test and was charged with DUI, improper lane usage, operating left of center and driving without a seatbelt. He refused to take a chemical test. He was released on personal recognizance and has a court date pending.

Early spring treatment of lawn sets standard for rest of year

According to Chris Shkyria of Lawn Doctor in Antioch, Gurnee, Lake Villa, early spring lawn applications are important for building stress tolerance, strong roots, healthy color and preventing unwanted annual grasses.

Within the next few weeks, homeowners will begin the annual chore of lawn care. It starts with fertilization using the regular form which has been used for many years or the new 100 percent all natural varieties. For crabgrass and other annual grasses, the homeowner can apply pre-emergent controls. It's the first step of the year toward developing a rich, beautiful lawn you can enjoy for the next eight or nine months. This should be the beginning of a season-long feeding program of four or five fertilizations tailored to the time of year and the weather conditions.

"Poor quality materials are major contributors to unsatisfactory lawn appearance," said Chris Shkyria. If you're doing it yourself, select quality lawn care materials and pay particular

attention to formulation and application instructions.

If you're hiring a professional lawn care company, ask about the type and quality of the materials they will use, the results you should expect, and the specific services included in your program.

Chris Shkyria also cites homeowner dissatisfaction with early spring broadleaf weed control. Cool weather can lessen the effectiveness of the application. Professionals usually provide additional broadleaf weed control in a later application, when it's warmer.

Too little or too much rain or excessive heat can also affect pre-emergent controls for crabgrass. "And," noted Chris Shkyria "the homeowner should avoid seeding, thatching, heavy raking and core aeration immediately after a preventative treatment is applied."

"Lawn care materials, whether purchased by the homeowner or applied by a professional, must be applied in accordance with the

E.P.A. registered label instructions on the product. It's a good practice to keep your family and pets off the lawn until the lawn care materials have been watered into the soil and the lawn is dry."

Early spring is also the time to check the condition of your lawn mower. Blades should be sharp to avoid shredding of leaf tips and to ensure a beautiful, healthy looking lawn. Collect clippings only to avoid unattractive clumps of cut grass. Clippings decompose quickly and do not contribute significantly to the thatch layer. "The purpose of this attention to lawns in the early spring," Chris Shkyria concludes, "is to condition the lawn for healthy root development and a beautiful looking turf throughout the summer and on into the fall."

Lawn Doctor of Antioch, Gurnee, Lake Villa has been serving our local Community since 2003 and can be contacted at 847-395-0940.

Antioch Sequoits kick to the top at State Finals

What does it take to be among the top five teams in two categories at an Illinois Drill Team Association State competition? Antioch Dancing Sequoits captain Savana Soder had it figured out before the team ever set foot on the bus to travel to Champaign for the March 12 IDTA State finals. Here's what Savana found: 11 months of hard work to form a solid team - which also equates to 308 days, 7,392 hours, or 443,420 minutes that the team of 24 girls focused on elevating the sport of dance at Antioch High School to a truly competitive level. This 2004-2005 team consisted of five graduating seniors and 19 underclassmen who will be build-

ing on the solid base established this year. At the end of a day-long competition that saw more than 80 teams perform 202 different routines, Antioch placed fourth in the kick and fifth in the hip hop categories. Competition has been strong all year long with only a few points separating the top spots at regional and super sectional IDTA events.

After a few weeks rest, it will all start again since tryouts will be held in late April for next year's varsity team. For additional information on trying out for this award-winning team, contact Coach Carissa Parker at 847-395-1421, ext. 8700.



Photo by Sandy Bressner

Members of the Antioch Community High School dance team perform their kick routine for friends and family members before leaving to compete in the Illinois Drill Team Association state competition in Champaign. The team took fourth place in their division.

LOCAL

Antioch

Community Chorus

Under the direction of Kris Bolin of Antioch, the Antioch Community Chorus will present Stainer's Crucifixion on March 20 at 7:30 p.m. in the Sanctuary of the Benedictine Abbey, 12605 224th Ave., Benet Lake, Wis.

This has become an annual event and is free to the public, thanks to the generosity of businesses and individuals. More information is available at 847-395-1333.

Garden Clubs

The Antioch and Grayslake Garden Clubs announce their 10-year anniversaries. The clubs will hold a joint celebration on Sunday, April 3, from 1 to 4 p.m.

Shirley Remes, field editor for "Better Homes & Gardens" Magazine, will present two programs as part of the event. The programs are "Put your best foot forward - front gardens" and "So you want to be in a magazine, what garden editors are looking for." Refreshments will be served. For free reservations or more information, contact Debbie Babik at 847-395-4699.

Men's Bible Study in Antioch

Beautiful Savior Lutheran Church in Antioch conducts a Men's Bible Study on the second and fourth Saturdays of each month from 8 to 10 a.m. The public is welcome to attend.

The introductory session began on February 26th. Participants will use the Holy Bible and a book entitled, "The Christian Husband," by Bob Lepine to discuss what the Holy Bible says about a man's role in marriage. Many surprises will be encountered as participants realize that what the Holy Bible says is often quite different from what we are taught by modern American culture. For more information, contact Pastor Gruen at 847-265-2450.

Lakes Region Historical Society

The School House is open every Saturday from 11 a.m. to 3 p.m. after March 6. There are special hours on holidays.

The Meeting House will be open from noon to 3 p.m. on the first Sunday of each month after March 6. There will be a special opening on Memorial Day and the 4th of July from 11 am to 2 p.m. If you have not seen this Award winning restoration project, come visit us this spring or summer.

The next members' meeting will be at 7 p.m. on April 28, with a program starting at 7:30 p.m. For more information call Wendy Maston at 847-395-0321 or Earl Beese at 847-395-1685.

Eggcellent Easter

Easter is coming which means it's time to register for the Antioch Park's and Recreation Department egg hunt. It will be part of the 14th Annual Eggcellent Easter Adventure, to be held at Williams Park on March 19. The Easter Parade will be at 10:30 a.m. on Main Street and the egg hunt will follow at Williams Park Little League Field.

Registration is under way at the Park's office, 806 Holbek Drive, and is limited to the first 700 children between the ages of one and 10. There will not be registration the day of the event. The cost is \$2 for each resident child and \$4 for non-residents.



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NEIGHBORS

Dora Buech of Fox Lake



I'm originally from:
Round Lake

My family:
Son, Jason, daughter, Crystal, and grandchildren Tyree and Aliz.

My occupation:
Assistant manager of Pizza 911, in Lake Villa

I graduated from:
Round Lake High School

What I like most about my town:
It is peaceful and quiet.

My hobbies:
Fishing, walking and taking care of my grandchildren

My favorite movie:
Any Bruce Willis movie

My favorite music:
Classic rock

My favorite sports teams:
The Bears and the Cubs

The best local restaurant:
I've got to say Pizza 911.

My favorite home-cooked meal:
Lemon pepper chicken and mashed potatoes

The people I admire the most:
My daughter, Crystal and my niece, Sunny

If I had a million dollars, I would:
Move to a warm climate

If I had a plane ticket anywhere, I'd go to:
Paris

My pet peeve is:
Dirtiness

If you have a "Neighbor" that you would like to see profiled in this column, call Lakeland Newspapers at 847-223-8161.

BIRTHS

Makenna Annaliese Jones, a daughter, was born Feb. 15 at Condell Medical Center in Libertyville to Carrie Anderson and Michael Jones Jr. of Antioch. Her siblings are Tamica 14, Lucinda 13, Alexander 8, Johnathan 7, Mikaeli 4 and Melonie 1.

Austin James Karasek, a son, was born Feb. 18 at Condell Medical Center in Libertyville to Nate and Jessica Karasek of Antioch. His brother is Dane, 18 months. Grandparents are William and Karen Karasek of Arlington Heights and John and Betty Warner of Dearborn, Mich. Great grandparents are Polly Krautter of Arlington Heights and Helen Warner of Dearborn, Mich.

FROM PAGE A1

SMOUSE

he said. With 82 miles of township roads, Smouse does about 1,600 applications.

"I'm getting paid to work here, so I may as well do it," he said. Smouse uses his own truck, which he insures himself, to do the job. He said it looks like an official truck because he bought it used from another municipality.

Smouse is pleased with what the board has accomplished during his tenure.

"We built a \$2 million building three years ago with the Lake Villa Township and District 117. The high school donated the property, we had a \$650,000 Illinois First grant and Lake Villa had a \$650,000 grant. By combining their resources, the three groups have a building with three meeting rooms, a full kitchen and offices," Smouse said.

Catholic Charities provides a person to run the Meals on Wheels program out of the building. The Township is also home to meetings for seniors and has the Secretary of State's office come in four times a year for Rules of the Roads classes.

The next one is scheduled in April at which time they will bring in all of their machines so people can actually renew their driver's licenses, if they don't need to take the road test, or they can get a state identification cards, he said.

Smouse is excited about a couple of programs that are currently being developed. He is working to bring tornado sirens to the areas in the township where the one Antioch siren on the old water tower cannot be heard.

"Ten minutes can give people enough time to get into the basement," he said. As a First Lieutenant and medical officer of Antioch's volunteer Rescue Squad, he knows the difference a few minutes can make.

The township also has a small food pantry to use to help those who come in to apply for General Assistance or are referred to the township by the police.

Smouse is excited about the new park it is creating with the village of Antioch. Each entity has contributed 40 acres of land that will be turned into baseball and football fields to be used by the Antioch Viking football and Antioch Youth Baseball. The State Bank of The Lakes has contributed \$40,000 to create a 5K walking and running trail, Smouse said.

"Our plans this year are to get going on the dirt. Hopefully, a year from now we'll have some fields. Eventually we might be able to add restrooms and a concession stand," he said.

Smouse is also excited about the possible transportation program that it is looking into along with the Village of Antioch. The township is about ready to send out a needs survey to township residents.

He also wants to arrange a matching service of sorts that will let the elderly call in for some help with a handyman type problem and be able to arrange for a volunteer to come out and do the small job that could make a big difference.

Smouse said his opponents are "criticizing picky little things because there's nothing of substance."

"If people were upset, they'd be here complaining at the meetings," he said. He knows that isn't the case because he hasn't missed one meeting in eight years, he said. He recalls seeing his opponent Judy Martini at one meeting and Reed Ano at about three or four meetings in the last eight years.

"It boggles my mind. I refuse to go to the taxpayers for more money. We can't hire a plethora of employees," Smouse said. "People help people and work, rather than throw money at a problem. Judy and Reed don't realize they'd be the people to do it."

Smouse has lived in the area since he was four years old and plans on staying, he said.

ginnys@lakelandmedia.com

CALENDARS

Friday, March 18

Art Exhibit featuring Hana Sawyer, a local painter, will be featured during March at Salem Community Library's conference room, 24615 89th St. Through Mar. 31 Please call 262-843-3348 to learn more.

Volo Bog State Natural Area seeks prairie gardener volunteers to nurture over 30 species of native prairie plants. April planning and training session. Call Stacy Iwanicki at 815-344-1294 for details.

8:30-10 p.m., Lake Co. Astronomical Society meets at Volo Bog State Natural Area. Call 815-344-1294.

Saturday, March 19

10 a.m., AFFTER Fibromyalgia support group meets at Antioch Community Bldg., 884 Main St. Call Sharl at 847-395-5123 to learn more.

1 p.m., Lake Co. Doll Collectors meet at Millburn Congregational Church, Rt. 45. Call 847-623-2072.

12:30 p.m., "How To Battle the Dark Side of the Net and Win—Fooling Spam, Spyware, Trojan Horses, Viruses and Hackers" by LCACE at Grayslake Library. Call Dwight (J.J.) Johnson at 847-623-3815.

Sunday, March 20

7:30 p.m., Festival Arts of Antioch and the Antioch Community Chorus presents Stainer's "Crucifixion" in sanctuary of the Benedictine Abbey, 12605 224th Ave., Benet Lake, Wis. Info. at 847-395-1333. Free.

Monday, March 21

12:45 p.m., Bingo at Senior Center. 847-395-7120.

7:30 p.m., Regular meeting of Antioch Village Board held third Mondays at Village Hall, 874 Main St.

7:30 p.m., Antioch Coin Club meets at library, 757 Main St. Contact JoAnne at 847-395-4738.

7-9 p.m., Lakes Area Community Band rehearsal at ACHS. Call Debbie Davis at 847-395-0272.

7-9 p.m., Young Onset Parkinson's Support Group meets in Libertyville. Call Marlene at 847-367-1679.

Tuesday, March 22

7 p.m., The Northern Illinois Conservation Club general meeting at the clubhouse. Call 837-395-NICC or visit www.lake-online.com/nicc.

1 p.m., AARP Chapter 387 (for adults 55+) meets at Antioch Senior Center, 817 Holbeck Dr. Please call Sharon Nowak at 847-395-5068 to learn more.

7 p.m., Antioch Public Library District Board meets last Tuesdays at 757 N. Main St. Call 847-395-0874.

Noon, Kiwanis Club of Antioch meets at Bacchus Restaurant. The public is welcome to join and share experience, knowledge and service project ideas. Please call Melissa at 847-489-8044 or e-mail her at mjrigoni@hotmail.com for more information.

6:45 p.m., Bingo Tuesdays, Antioch VFW, doors open 4:30 p.m. Call 847-395-5393 for information.

6-8:30 p.m., College Expo at CLC's P.E. Center, Bldg. 7, Grayslake. For high school juniors and seniors and their parents. Sessions on college choices and financial aid. Call 847-543-2090 to learn more.

7 p.m., Fibromyalgia support group meets fourth Tuesdays at Northern Illinois Med. Center (Centegra) in McHenry. Call Lois at 815-653-7171.

7 p.m., Heads Up brain injury support group meets in Mundelein. Send email to Diana Nelson at asladvo@lccil.org or call 874-949-4440 to learn more.

7 p.m., Loss of Infant Support, for those who have had a miscarriage or loss of a baby. Go to www.con-dell.org or call 847-990-5407 for more details.

Wednesday, March 23

6 p.m., CPR classes sponsored by Antioch Rescue Squad, held at Squad Bldg., 835 Holbeck Dr. \$5. Call 847-395-5511 to learn more.

7:30 p.m., Mothers & More meets at State Bank of the Lakes, Grayslake. Call Kerry at 847-245-3732 or visit www.mothersandmore.org for more details.

Thursday, March 24

7:30 p.m., Irish-American Club meets at State Bank of the Lakes in Antioch. Call 847-395-3942.

Friday, March 25

Bass Pro Shops Turkey Extravaganza, Fri.-Sun., Mar. 25-27, at Gurnee Mills, Gurnee. Spend the day browsing, check out the educational seminars. Stop by the Lake County Longbeards, a chapter of the National Wild Turkey Federation, booth. Details at www.illinoisnwtf.org/Chapters/lakeco.htm.

Saturday, March 26

8:30 a.m., Singles (ages 55+) Breakfast Group meets in Gurnee. Call Chuck 847-362-5458.

Coming soon

"Morning's at Seven" presented by PM&L Theatre, Apr. 1-17. Tickets go on sale Mar. 21. Call 847-395-3055 or go to www.pmltheatre.com for tickets, times and reservations.

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Rhapsody in Blue



From J.S. Bach to George Gershwin, Ms. Bornovalova has captivated her audiences with her stellar performances.



Pack 91 celebrates 75 years of Cub Scouting

Cub Scouts gathered at Antioch Moose Lodge

By Ginny Skweres
Staff Reporter

Cub Scouts from Antioch, Lake Villa and Lindenhurst gathered at the Antioch Moose Lodge last weekend to celebrate not only their Blue and Gold Banquet, but also the 75th anniversary of Cub-Scouting. Family and friends joined them.

More than 150 people watched as eight boys crossed over from Cub Scouts into Boy Scouts in the Arrow of Light graduation ceremony. The boys are David Allen, Jacob Buckley, Travis Gantz, Trevor Moote, Deven Posedel, Danny Schneider, Lee Shannon and Cameron Wickersheim. They had completed all of their Cub Scout requirements.

Outgoing leaders were also recognized at

the banquet. They include Bill Schneider who had served as Pack Cubmaster, the highest position, for three years. Debbie Posedel, Kathy Allen and Duane Gantz received awards for their many years of leadership. Posedel served as Pack treasurer while Allen and Gantz were den leaders and committee members.

A Chicagoland magician provided the entertainment at the end of the evening.

Cub Scouting is open to boys in second through fifth grade. Pack 191 meets on the 3rd Thursday of each month at Oakland Elementary School for boys who live in the Antioch, Lindenhurst or Lake Villa area.

More information is available by calling Karin Mitchell at 847-356-5069.

ginnys@lakelandmedia.com



Photo by Ronilyn Mussared

Sue and John Buckley look on as their son, Jacob, receives his Arrow of Light award from Cubmaster Bill Schneider during a Blue and Gold Banquet for Cub Scout Pack 191.

Bornovalova final performer in Fine Arts Council's series

Concert pianist Olga Bornovalova will be the last of three performers in the Greater Lindenhurst/Lake Villa Area Fine Arts Council's inaugural concert series.

She will be playing at Lakes Community High School, 1600 Eagle Way (Grass Lake Road, just east of Deep Lake Road) on Saturday, March 19, at 7:30 p.m.

The program will include Beethoven's "Sonata" (opus 81a), Chopin's "Barcarolle" (opus 60), Debussy's "Estampes," Samuel Barber's "Excursions" (opus 20), George Gershwin's "Summertime" (from "Porgy and Bess") and "Rhapsody in Blue."

General admission is \$15. (For more information, call 847-265-5713.)

Bornovalova received her M.M. and D.M. in piano performance at the Gorky Conservatory of Music, Russia. She studied with two distinguished pianists: Sofia Polyakova and the nationally renowned Isaac Katz. Both mentors were graduates of the famous Moscow Conservatory, representing the great "Russian traditions" of piano playing.

While in Russia, Olga was active as a teacher, lecturer and performer. Formerly head of the piano department at the local music school, she was an adjudicator for piano competitions and was also active as a clinician. She gave numerous concerts

throughout the former USSR, performed with the Gorky Chamber Orchestra and appeared on public radio and TV stations.

Bornovalova, her husband and two children moved to the United States in 1992. Since then she continues her career as a performer and teacher. While residing in Jacksonville, Florida, she was active as a soloist, accompanist and a chamber musician.



Olga Bornovalova: Plainists

Bornovalova has toured the United States several times, playing solo and collaborative recitals for the different concert series. She toured Puerto Rico with the Lyric Theatre Group and performed with internationally renowned tenor Dr. William Brown, playing music that ranges from baroque to contemporary. She was a member of Amadeus Piano Trio and appeared as a solo and duo pianist on WJCT stereo 90.

Bornovalova is also active as a piano teacher. She was an adjudicator for the First Coast Piano Competition in 1994. She was also an adjunct professor of piano at the University of North Florida and had her students performed for the national and international competitions.

Currently, she is on the faculty at the College of Lake County and at Adler Music Institute.

LETTERS TO THE EDITOR

A couple of months ago I went to the new Antioch Wal-Mart and purchased prepared breaded oysters. That night I put them in a deep fat fryer and proceeded to eat dinner. After a couple of bites, I bit down on a pearl and cracked a tooth almost in half. The next day after called my dentist I called the manager of Wal-Mart who assured me not to worry this would be taken care of. They took care of it alright, Wal-Mart said they were not responsible and referred me to the company who made the oysters- Tampa Maid Foods. They told me they would pay for the crown on the tooth but no future problems if the tooth dies or pain and suffering. They explained that I assumed the risk by eating oysters. Of all the

nerve to tell me this was my fault for buying their product. If this is the case there should be a warning label on the box. I was so outraged that I called Wal-Mart corporate office and was told by them that if it were their choice they would not pay the claim at all. I purchased a product in good faith that I thought was safe to eat and now this is my fault. It's hard to believe that a large corporation like Wal-Mart would behave so unprofessionally. Now I understand, before Wal-Mart was built, all of the signs up and down Route 173 saying "Wal-Mart Makes A Bad Neighbor."

Sharon Richardson
Antioch

Come Worship With Us

A Directory Of
Antioch Area Churches

Graceland Baptist Church, 258 Ida St., Antioch, IL. Sunday School 11am., Morning Worship 11am., Sunday Evening 7pm. Robert Williams, Pastor.

First Church of Christ, Scientist & Reading Rm. Rte 173 and Harden, Antioch, Phone (847) 395-1196. Sunday School, Sunday Church Service 10:30am, Wednesday, 7:30pm.

Beautiful Savior Lutheran Church, Missouri Synod, worshipping at Antioch/Lake Villa Township Center, 1625 Deep Lake Rd. Pastor Darald Gruen, Phone (847) 265-2450. Sunday Worship at 9am, Sunday School, High School & Adult Bible Classes 10:45am.

Heritage Lutheran Church, Lindenhurst Civic Center, 1949 Old Elm Rd., Lindenhurst. (847) 356-1766. Sunday service 10:00 am, Sunday School & Bible Class 9:00 am. (summer schedule - 9:00 am Sunday) Rev. Mark W. Anderson, Pastor.

St. Ignatius Episcopal, 500 Depot St. Antioch Phone (847) 395-0652. Low Mass 7:30am., High Mass 9:30am Sunday School & Nursery 9:30am. Rev. Vincent Eckholm, Pastor.

Crossview Church (formerly Antioch Evangelical Free Church) 750 Highview Drive, Antioch, IL 847-395-4117 Sunday Worship Services 9:00am and 10:30am Sunday School for all ages (nursery provided) Call for more information.

St. Stephen Lutheran Church (ELCA), 1155 Hillside Ave. Phone (847) 395-3359. Sunday Worship, 8:00, 9:30, 10:45am. Rev. Roger Black, Pastor. Saturday Worship Service 5:00pm

Christian Life Fellowship Assemblies of God Church, 41625 Deep Lake Rd., Antioch. Phone (847) 395-8572. Sunday School (all ages) 9am., Sunday Morning Worship 10am., Children's Church 10am., Sunday Evening Worship 6:30pm., Wednesday Worship & Children's Program 7am., Tues. Women's Fellowship & Bible Study 9-11:30am. Jeff Brussaly, Pastor.

Antioch Baptist Church, 817 Holbeck Dr., Antioch. Phone (847) 769-5332. Sunday Morning Worship 10:15am., Sunday evening Service 6:00pm., Wednesday Bible Study 7:00pm. Pastor Ken Foster.

Faith Evangelical Lutheran, 1275 Main St., Phone (847) 395-1660. Sunday Worship 8 & 10:30am., Sunday School 9:25am., Mon. Worship 7:00pm Pastors Gregory Hemanson & Aaron Christie. Christian Day School (847) 395-1664.

Millburn Congregational United Church of Christ, 19073 W. Grass Lake Rd. at Rte. 45. Phone (847) 356-5237. Sunday Services 8:30am. Eucharist at 10am. Family Worship with Church School and Nursery Care. Rev. Jed Watson, Pastor.

Antioch United Methodist Church, 848 Main St., Antioch, Phone (847) 395-1259. Rev. Gary Curl, Pastor. Sunday Worship 8 a.m. and 10:30 a.m. Children's church and Sunday School. Adult Groups at 9:15 a.m. Nursery care for children through 3 years of age from 8 to 11:30 a.m.

St. Peter's Church, 557 W. Lake St., Antioch. Phone (847) 395-0274. Masses weekdays, 7:30am; Sunday 6:30, 8, 9:30, 11:30am & Saturday 5:30pm. Rev. Father Ronald H. Anglim, Pastor.

Chain of Lakes Community Bible Church, 43 W. Grass Lake Rd., Phone (847) 838-0103. Sunday Worship 9:30 and 11:00. Sunday School. Rev. Kerry Bauman, Senior Pastor

Good Shepherd Lutheran Church (Missouri Synod), 25100 W. Grand Ave. (Rte. 59 & 132), Lake Villa. (847) 356-5158. Sunday Worship 8:15 & 10:45am; Sunday School (3 and up) and Bible Study 9:30am. Rev. John Zellmer, Pastor.

Lighthouse Church of Antioch, 554 Parkway Ave., Antioch, IL (847) 838-0616. Saturday Evening Service 7:00 p.m. Adventure Club for Kids, Adult Bible Study Saturday Evening 6:00 p.m. Monday Evening Bible Study 7:00 p.m. Thursday Evening PTSD Support Group 7:00 p.m. Senior Pastor Tom Bartmer.

NorthBridge Church, A Contemporary Worship Experience. Meeting at Antioch Community High School, 1133 Main St., Antioch, (847) 838-9370. www.northbridgechurch.org. Service Sunday - 10:30am, Children's Classes (K-5) - 10:30 am. Mark Albrecht, Senior Pastor.

Visit our website at:
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Dan Dugenske, Director

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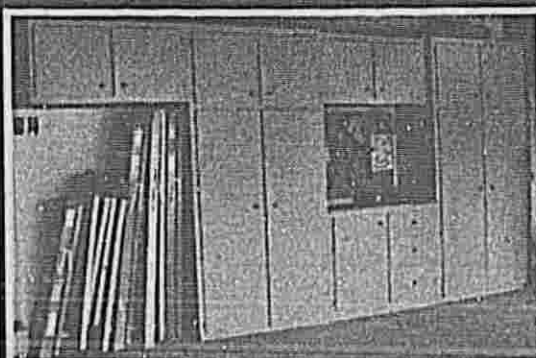
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ART TEACHER BROUGHT JAPAN HOME



Photo by Ronilyn Mussared

Rika Lynn of the Fujima School of Classical Japanese Dance in Chicago gives a performance during a Japanese Art Festival at Lakes Community High School in Lake Villa.

Private kindergarten will become available to Antioch

Parents of incoming kindergartners in Antioch will have a new classroom option this fall: private, full-time kindergarten, with a 1 to 15 staff-to-student ratio.

Afterschool Club, a Lake County fixture that has provided after school enrichment programs for more than 20 years, sponsors the program. Founded by a teacher, Afterschool Club is active in 11 local school districts.

Taught by certified teachers, the program will emphasize academic, language, and social enrichment. Because of the low staff-to-student ratio, each kindergartner will receive enhanced personal attention.

Each morning, students will participate in an academic curriculum that includes everyday math and literature-

based reading. The reading program is directed by a master reading specialist and will feature phonics and guided reading techniques.

Each afternoon, students will participate in a range of fun enrichment activities, including art, music, physical education, and performing arts. Recreation and socializing are also on the agenda.

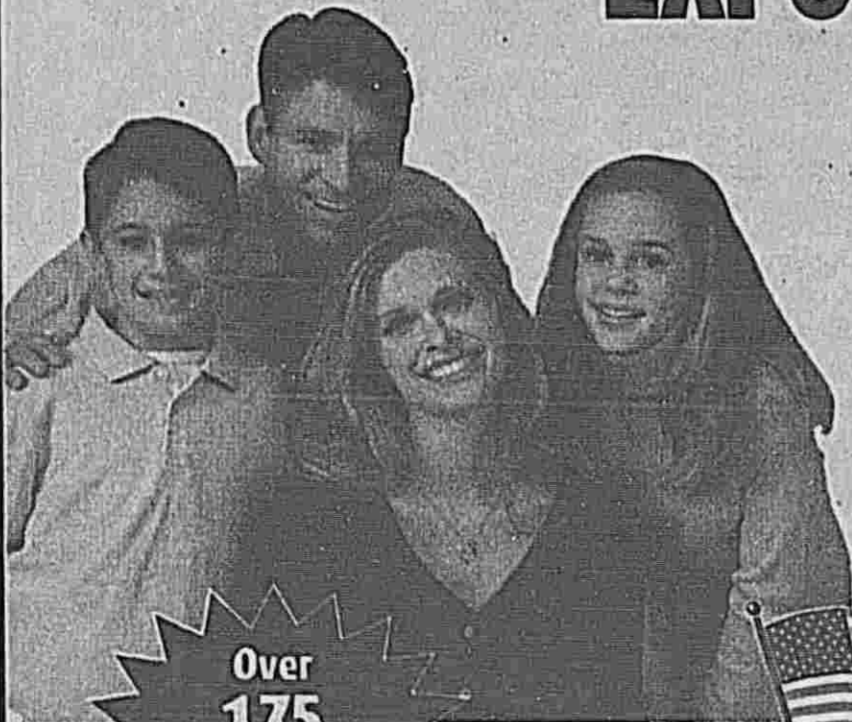
The full-day program will run from Monday to Friday, 8:30 a.m. to 2:30 p.m. Parents can also elect a half-day academic program (8:30 a.m. to 11:30 a.m.). Onsite extended care (6 a.m. to 6 p.m.) is available to working parents.

For more information, parents may call Penni at Afterschool Club at 847-548-2445.

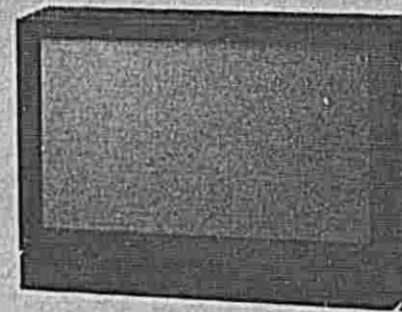
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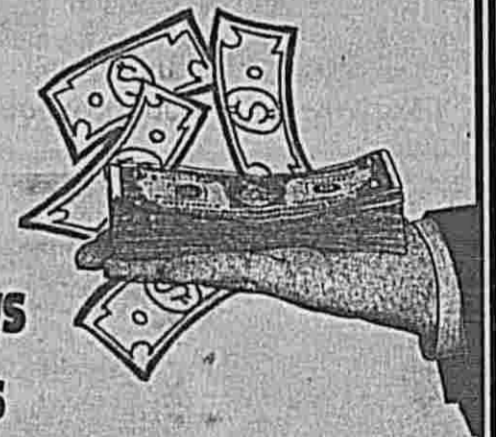
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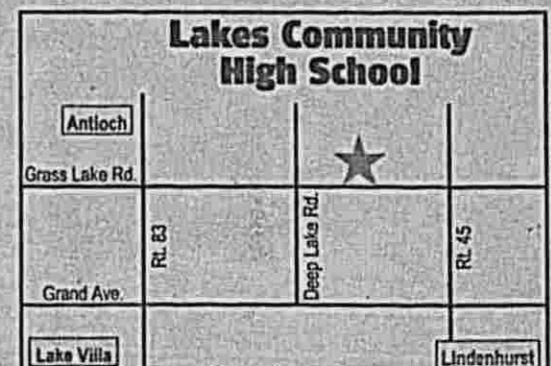
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ON STAGE
Joffrey Ballet soars in American Masterworks

ARTS & ENTERTAINMENT

On cue

Creating custom cue is a labor of love Joel Hercek.



Joel Hercek, of Hercek Fine Billiard Cues, in Mundelein, reminisces over photos of his history that adorn the shop wall beside his lathe. Many of the photos include Hercek with renowned cue-maker, Burton Spain. Before he passed away Spain taught Hercek from his 29 years of cue making experience.



Slowly and carefully, Joes Hercek mills away a thin layer off of a pool cue in process before a finish can be applied. During the eight month creation process, a pool cue starts off as a completely square blank, that is reduced to the familiar form through gradual stages.



Once a cue blank of ebony and maple, Joe Hercek uses a jig to slice the splines for the full splice into the blank. Hercek has perfected this joint through much training, and practice throughout the years.

Photos by John Dickson



As the lathe turns, Joel Hercek, of Hercek Fine Billiards Cues, in Mundelein, shapes what was a square cue blank, into a round pool cue. Hercek learned to make cues from pool cue legend, Burton Spain, who had been making pool cues for 29 years before passing away.



Joel Hercek, of Mundelein, looks down a pool cue to determine if it is true. Hercek has been making custom pool cues in Mundelein since 1993.

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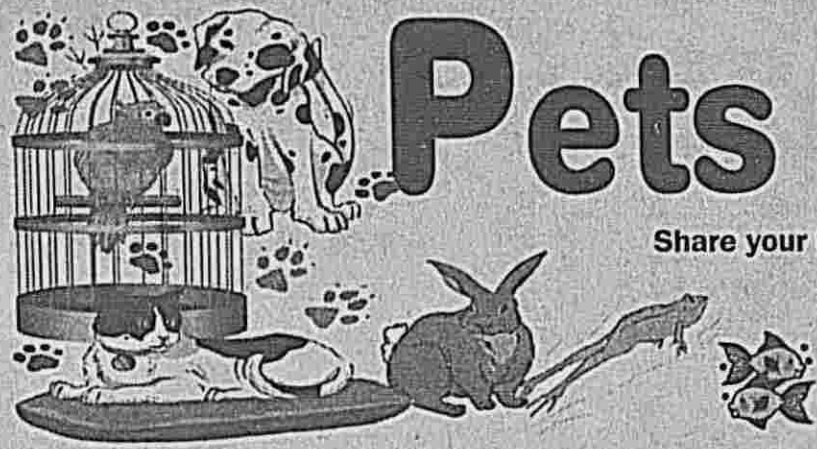


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PETS CORNER

Sonny

Sonny, who is 8, was dumped at Save-A-Pet in April of 2003. She loves to be picked up and petted and is very affectionate. She is prone to eye infections, which will likely clear up in a home setting. She's very sweet and quiet and is great with other cats.



Crissy

Crissy, a 4-month-old shepherd mix, came to Save-A-Pet recently as a stray. She's very sweet and good with just about any other house pet and would be good in most homes with a variety of children.

Yellow

Yellow, a stray, is a 1-year-old chow/shepherd mix and is very timid around new people. But once she bonds with you, you'll both have a friend for life. Yellow is very loyal and is good with other dogs and cats.



Petals

Petals, a 7-year-old shorthaired dilute calico is a little plumper. She'll need you to monitor her diet, but she'll give you lots of attention in between her frequent naps. She loves to be picked up and is good with kids.

Save-A-Pet is located at 31664 N. Fairfield Road, Grayslake. It's closed on Tuesday, open 1-5 p.m. on Monday, Wednesday and Friday, 1-8 p.m. on Thursday and 11 a.m.-6 p.m. on Saturday and Sunday. For more information, call 847-740-7788 or go to www.save-a-pet-il.org.

A patch for 'Patches': transdermal drugs for pets

In human medicine, the use of transdermal patches for drug delivery is all the rage for people who want to quit smoking, relieve pain, or replace the hormones of their youth. But what about pets? Can drug patches work for them, too?

Transdermal drugs for animals are similar to those for humans. Some of them, like the pain killer fentanyl, are identical. A drug can be administered through a patch applied to a shaved area of skin; the drug reaches the bloodstream transdermally, which means literally, "across the skin."

Not all drugs administered transdermally are available in a patch. Drugs can be compounded by pharmacists into a gel that is applied to the animal's skin, usually on the underside of the ear flap. The fentanyl patch, which is marketed for use in people, has been widely used in domestic species, including the dog, cat, and horse, for pain management.

Other drugs for pets administered transdermally include the antidepressant amitriptyline (Elavil) to treat behavior problems and lower urinary tract disease, and methimazole to treat feline hyperthyroidism.

According to Dr. Steven Marks, chief of small animal medicine at the University of Illinois Veterinary Teaching Hospital in Urbana, the transdermal route is interesting but may not be a miracle method for delivering drugs. Many factors, such as the type of drug and the condition being treated, determine the appropriateness of transdermal administration of a drug.

"Transdermal patches should be used only when other routes of administration (such as orally or by injection) are not possible or would not be as effective," Marks said. Only drugs that can be absorbed through the skin and used by the body will be successful, and absorption may depend on several factors such as location on the body, skin type, and breed.

Drugs given transdermally enter the bloodstream more slowly than they do via other routes and may take 24 hours or longer to start working, so the transdermal route would not work for drugs that are needed immediately. Their sustained release makes transdermals more appropriate for treating chronic, non-life threatening conditions.

Veterinarians need a way to confirm that a drug is working. Many medical conditions do not offer objective measurable endpoints to demonstrate that a drug is working. Feline hyperthyroidism, however, can be monitored by measuring thyroid hormone levels. Since the effectiveness of anti-thyroid drug treatment can be measured, using transdermal therapy for this situation may be more appropriate.

If a transdermal drug's effectiveness cannot be directly evaluated, it should be used only in cases where the drug is not critical to the animal's immediate survival.

If a drug can meet all these conditions, transdermal therapy offers several potential benefits. An excellent example of a drug that meets the requirements for an effective transdermal drug is methimazole, the anti-thyroid drug used to treat feline hyperthyroidism. The drug can penetrate the skin, the disease is one that is chronic, and most importantly, the effectiveness

of drug therapy can be monitored by measuring blood hormone levels.

Transdermal drug delivery can eliminate the need for daily pills. "If you're a cat owner and you have to chase your pet to pill it every day, that may change the human-animal bond. Kitty sees you, and instead of greeting you, runs away," Marks said.

In most cases, owners of hyperthyroid cats can maintain their cat's affections if they can put the ointment on its ear once to twice daily instead of force-feeding it pills.

For dogs undergoing surgery, veterinarians can use a fentanyl patch before and after surgery to reduce pain. The patch can reduce the amount of injectable drugs and anesthesia required, and instead of staying in the hospital for recovery and injections, dogs may be able to go home sooner with a fentanyl patch. This way, they can be more comfortable recovering at home.

Marks mentions that other possible benefits include a reduction in side effects, for example, stomach upset, since transdermal drugs bypass the gastrointestinal system. Some drugs may be more potent if administered transdermally, since they may be processed less by the liver.

Hazards of drug patches include of risk of the patch falling off and getting stuck to or swallowed by another pet or a human in the family, but bandage wraps around the patch can minimize this risk.

Veterinarians continue to explore the future of transdermal drugs for pets. More research is needed to support the effectiveness of different transdermal therapies. For more information about transdermal patches and other unique drug delivery systems, consult your veterinarian.

Dog exclusive veterinarian opens in Lake County

Jan. 31 was the opening of Lake County's first dog exclusive veterinary hospital on Route 45 between Washington and Rollins Road. The clinic is 3,700 square feet with a modern feel. There are three large exam rooms with glass fronts, one of which is dedicated to rehabilitation and chiropractic. There are no tables in the exam rooms, all procedures are performed on mats on the floor. The hospital also has a fully stocked pharmacy and treatment room. The Canine Center has a dedicated radiology area

with a human x-ray machine. The machine allows the staff to do standing x-rays in many cases, which is particularly useful for large dogs. In addition the clinic has a whirlpool tub to aid in rehabilitation cases.

The hospital is full service with puppy visits, preventative medicine, illness, injury, as well as surgery and dental procedures. The staff wants the pet's owner to be part of the health-care team in treating their dog and provides the education necessary to do so. The clinic has flexible hours



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Show must go on for Van Arsdale

By Kyle Schmitt
Staff Reporter

After helping provide entertainment to Lake County audiences for two decades, Debbie Van Arsdale is combining her passions to bring laughter to the Genesee Theatre.

In conjunction with her ROARS Entertainment enterprise, Chicago Style Standups will perform at the theater at 8 p.m. April 9. The "PG-15" show features several headlining comedians who sit on-stage together, banter and trade jokes for the amusement of the audience and themselves.

Five performers will be joined by special guest Patti Vasquez, who has been featured in the one-woman show "Mamacita - Tales of a Diaper Diva."

Bringing acts back into the spotlight gives Van Arsdale a fair share of excitement and fear, though the show's location helps. She formerly served as a part-time employee at the Genesee, helping to build corporate sales and countywide promotion for two years at a position she describes as "a dream job."

"I can't perform, but I love being around it," Van Arsdale said of pulling the curtain open once more. "It was a shock when it was time to leave, I had withdrawal. But then, heck, it's just a bigger building, it's just more seats, I can handle this."

Genesee General Manager David Rovine praised Van Arsdale for her contributions and support of the theater, and bringing comedy acts to area venues. "I know it's really a passion of hers," he said.

She first began promoting comedy performances during the 1980s, when Van Arsdale would perform head-counts at local night-clubs and wonder how much money she could make with a \$5 cover charge and a two-drink minimum. After learning to book acts at Scornavacco's in Highwood, she promoted Wednesday shows at the Grand Slam in Waukegan, often signing acts to perform throughout the weekend at numerous venues.

Crowd approval made the performances gratifying, though audience members sometimes failed to take the joke well, Van Arsdale remembers. Vicious encores occasionally



Chicago Style Standups bring their comedic stylings to the Genesee Theatre April 9. Tickets for the event are currently on-sale.

threatened, as "there'd be some motorcycle gang in the crowd, and they'd be like, 'You making fun of us?' We had to run out of the club one night."

Married life brought the bookings to a lengthy halt, but next month's performance could mark a triumphant return for Van Arsdale, who will try to book additional area shows at 2,000-seat venues. Offerings from the multiple comedians enjoying themselves on-stage should make a fun evening for audiences, she said.

The event will feature only headlining acts, including James Wesley Jackson, the world's only "environmental comedian." He utilizes an environmental theme in his comedy, and won an Emmy for his writing and performance on the television program "SFO."

Fans of Chicago athletic teams will likely recognize their own experiences in Jimmy McHugh's sports material, while Scot Wickmann provides his take on family life as "The Married Man: a superhero for the new millennium." WGN Comedy Bowl Champion

Paul Kelly and actor and playwright Bill Gorgo will also present routines.

Referring to the body's pleasurable release of endorphins due to laughter, Van Arsdale expects the show to help patrons feel good spiritually and physically as they drive home April 9. "This is what these guys have done. They've taken the backstage and brought it to the front of the stage."

Tickets for the show may be purchased by calling 847-557-7599 or visiting the ROARS entertainment Web site at www.roarslive.com/default.asp.

Admission is \$25, and \$22 for seniors, military and groups of 20 or more. Dinner, theater and hotel packages may be viewed by visiting the Web site or calling 847-533-7005. Van Arsdale said that the Great Lakes naval station would like to send 33 new recruits to the performance, and would accept donations of tickets to help the sailors make the show.

kschmitt@lakelandmedia.com

The Luck O' The Nebbish

Why do I feel like road kill under the Wheel of Fortune? You'd think I'd be a sure thing for some lucky DNA. After all, part of my family got lucky by escaping the Irish Potato Famine of 1854, living to see another St. Patrick's Day. Plus, it seems another part of my family got out of Europe before they were turned into potato latkes.

Maybe my forefathers' luck didn't immigrate with them to America. The Irish folks on my mother's side were run over by a train. And, my paternal great-grandparents ended up burning their beloved books for heat. I'm told the patriarch was lucky to escape with his wooden leg.



Leslie Clazier-Werner

LES ON LIFE

No wonder my family relied on their various faiths, and any good luck charm that might protect them from further harm. Grandfather's St. Christopher medal was standard equipment in all his cars, along with the policeman's "billy" club he kept for added "protection."

Of course, nowadays we're too sophisticated to believe in superstition or the magical power of charms. Our well-educated, rational minds know that rubbing a rabbit's foot then winning the lottery is pure chance—so we steer clear of the rabbit's foot and call a psychic hotline for a good stock pick.

Fact is, modern man still feels vulnerable to misfortune as much as a caveman kicked in the groin by a dinosaur. So we've developed our own good luck charms disguised as "scientific breakthroughs" or "manufacturing marvels." But any way you look at it, we're still sitting ducks for a good scam.

The book, "Why People Believe Weird Things," describes how, Harry Edwards, head of the Australian Skeptics Society, convinced the public to buy chicken manure in 1994. Edwards published a letter in his local newspaper claiming he was the recipient of good fortune—like winning the lotto—simply by tracking the time and location of his pet chicken's droppings. He also offered to sell his load of "crap." Edwards received two orders and \$20, proving, "that one can sell anything as long as it is associated with 'good luck.'"

So too, I'm at the point where I'd believe anything to change my spell of bad luck. Heck, I'd even kiss a leprechaun's Blarney Stone while chanting this "Irish" limerick:

There was a poor nebbish from County Lake
Who had more schlimazel than she could take.

She wanted to wager
On a jackpot major,
So Gov' fill the gaming board for Pete's sake!

Happy St. Patrick's Day and mazel tov!

E-mail Les: lesonlife@sbcglobal.net

Lake County Model Railroad open house

The Lake County Model railroad club announces its annual Spring open house. The club operates an HO scale permanent operating model railroad, in a 30 by 60 foot room occupying more than 1,500 square feet. The layout is fully operational and uses digital command control to operate. In addition the layout has a continuous mainline over 360 feet long, has three interchange yards, six 20 feet long passing

sidings, and over 145 switches.

Admission is free, and families are encouraged to attend. Further information contact Norm Kocol evenings & weekends 815 363 1735 or visit web site at www.lcmrr.org.

Dates for the open house are:

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Flavors



Tom Witom

COOKING BY THE BOOK

Mention gratins, and potatoes come to mind. But Tina Salter, in her new book "Gratins: Savory and Sweet Recipes from Oven to Table" (Ten Speed Press) quickly dispels the notion that this type of dish has its limitations.

Her clearly written collection features more than 50 recipes—a world of gratins—from first courses to entrees to side dishes and desserts. She also serves up a chapter on helpful basics, from equipment to ingredients.

Attractive photos by Paul Moore add to the appeal of this slim but useful volume.

Salter says family and friends tried her recipes. One we personally tested, Three-Cheese Cauliflower Gratin, is excellent. As the author advises, take care not to overcook the cauliflower, and drain it very well to avoid diluting the cheese sauce.

Put cauliflower to work in a tasty, savory gratin

Three-Cheese Cauliflower Gratin

1 tsp. kosher salt
2 bay leaves
1 cauliflower (about 2 lbs.), cut into florets
3 Tbl. unsalted butter
1 small yellow onion, finely chopped
3 Tbl. all-purpose flour
1 1/2 cups whole milk

1/2 cup freshly grated Gruyere
1/2 cup freshly grated Cheddar
1/4 cup freshly grated Parmesan
1 Tbl. Dijon mustard
Kosher salt and finely ground black pepper
Topping
1/2 cup fresh bread crumbs

1/4 cup freshly grated Cheddar
1/4 cup freshly grated Parmesan
Kosher salt and freshly ground black pepper
Chopped flat-leaf parsley, for garnish

Preheat the oven to 400 degrees F. Generously butter a 12-inch (1 1/2-quart) oval gratin dish.

Bring a large pot of water to a boil over high heat. Add the salt, bay leaves and cauliflower florets and cook until the florets are tender, about 8 minutes. Drain the cauliflower well and discard the bay leaves. Transfer to the prepared gratin dish.

In a medium saucepan, melt the butter over medium

heat. Add the onion and cook until translucent, about 4 minutes. Add the flour and cook, stirring constantly, for 1 minute. Add the milk and bring to a boil; cook, whisking constantly, until the sauce thickens, about 2 minutes. Remove from the heat. Stir in the Gruyere, Cheddar, Parmesan and mustard. Season to taste with salt and pepper. Pour the sauce over the cauliflower.

To make the topping: In a

small bowl, combine the bread crumbs, Cheddar and Parmesan. Season to taste with salt and pepper.

Sprinkle the topping evenly over the gratin. Place on a sturdy baking sheet. Bake until bubbly, about 15 minutes. Set under the broiler, about 4 inches from the heat source, and broil until golden, 3 to 5 minutes. Garnish with the parsley and serve immediately.

Serves 4 to 6

CLC FINALIST IN NATIONAL CHILI COOKOFF

Chef Clay Erickson, a 2003 Phi Theta Kappa graduate of College of Lake County's Food Service Management program, will be one of five finalists in Hobart Corp.'s national chili contest on March 19-20 in Greystone, Calif. Erickson works for Hospira, Inc. as the head chef at the Bistro in Pleasant Prairie, Wisc. He is also a personal chef with his own company, My "Thyme" is Your Time, Ltd. The contest winner will receive \$10,000 worth of commercial cooking equipment from Hobart Corp.

Heat oil in large pot and brown stew meat (approximately 5 minutes each side). Remove meat and set aside. Brown ground beef. Remove meat and set aside. Brown Italian sausage. Remove meat and set aside. Remove

Clay's Colossal Chili

1/4 cup olive oil
1 lb. inside bottom round stew meat, cut into bite size pieces
2 lbs ground round (85/15)
1/2 lb. Ground Italian sausage (hot)
1 cup Green peppers (diced)
1 cup Red peppers (diced)
1 cup Yellow peppers (diced)
2 cups Yellow onion (diced)
1/2 cup Red wine (Burgundy)
2 - 14.5 oz. cans stewed tomatoes (Del Monte "Mexican Recipe")
1 - 29oz. can tomato sauce

1 lbs. Tomato paste
2 lbs. Brown sugar
1 tsp. Kosher salt
1 tsp. Ground Tellicherry Pepper
2 lbs. Freshly ground cumin seed
2 lbs. Hot chili powder
1 lbs. Aleppo pepper
1/2 tsp. Turdsh ground bay leaves
1] cups water
1 - 14 oz. can red kidney beans (rinsed & drained)
1 lb. Cheddar cheese (fancy shred)
1 Scallion (chopped)
10 Corn tortillas (julienne cut)

excess oil (except 2 lbs.). Add peppers and onion. Sauté on medium heat for 5 minutes. Add wine to peppers and onion. Reduce by half. Place all three

meats back into large pot. Add stewed tomatoes, tomato sauce, tomato paste, brown sugar, salt, pepper, cumin, chili powder, Aleppo pepper, ground bay leaves and water. Bring to a boil. Reduce heat and simmer for approximately 3 hours, stirring occasionally. Add kidney beans. Let cook an additional 30 minutes. Deep fry com tortillas until lightly brown. Serve chili in soup bowls. Garnish with cheddar cheese, tortilla chips and green onion. Accompany with combread twists. Enjoy! Makes approximately 14 portions, 8 ounces each.

We're all leading stressful, busy lives these days. If I told you I had a way to reduce your stress and save you time, wouldn't you jump to know what it is? Use your microwave oven for cooking and baking. That's right. Our microwave ovens can help us out in so many more ways than most people realize. The latest microwave models, can do everything from defrosting and cooking to simmering sauces and even baking.

Apricot Bread Pudding

1 loaf (1 pound) day-old Italian bread, torn into 1-inch pieces
2 cups warm water
3 eggs
1 cup (1/2 pint) heavy cream
1/2 cup finely chopped dried apricots
1 teaspoon vanilla extract
3/4 cup granulated sugar
1 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 cup confectioners' sugar
2 tablespoons apricot brandy

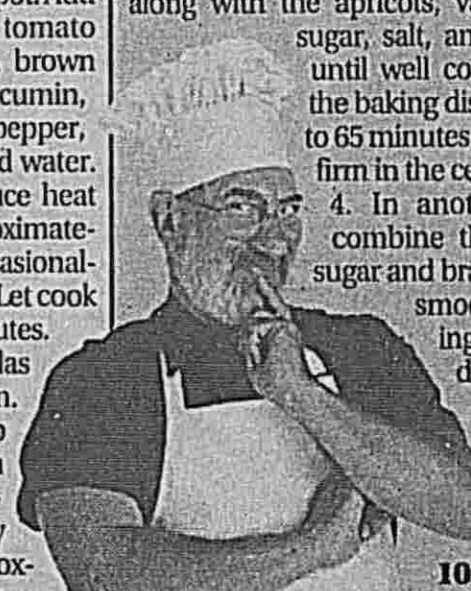
1. Preheat the oven to 350°F. Coat an 8-inch square baking dish with nonstick cooking spray.

2. In a large bowl, toss together the bread pieces and water, soaking the bread.

3. In a small bowl, beat the eggs, then stir in the heavy cream. Add to the soaked bread along with the apricots, vanilla, granulated sugar, salt, and cinnamon; stir until well combined. Place in the baking dish and bake for 60 to 65 minutes, or until puffy and firm in the center.

4. In another small bowl, combine the confectioners' sugar and brandy, stirring until smooth. After removing the finished pudding from the oven, while still warm, top with the apricot glaze.

10 to 12 servings



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Lily Cai Chinese Dance Company will blend ancient technique with modern dance during their performance at the College of Lake County at 7 p.m. April 17. Tickets for the performance are currently on-sale.

Intense Joffrey Ballet soars in American Masterworks



In "Opus Jazz!" Joffrey Ballet dancers distill the essence of music to movement.

By Tom Witom

The Joffrey Ballet's current program, American Masterworks, salutes three of the 20th century's top choreographers and at the same time provides a chance for the company to showcase its considerable talents. In the spotlight are George Balanchine, Jerome Robbins and Antony Tudor.

For dance lovers, it's a genuine treat.

Artistic director Gerald Arpino has served up a complementary mix, from light and airy to somber and meditative — each a gem in its own right.

Starting things off was an old favorite, "Square Dance," which was originally pro-

duced in 1957 for the New York City Ballet. The original choreography was reconstructed in 1971 by the Joffrey in part from film clips and under the supervision of Balanchine (1904-1983).



Featured Joffrey performers do a turn in "Square Dance."

A whimsical piece, "Square Dance" featured a foot-stomping onstage caller (Brian McSweeney) and onstage fiddlers. Fourteen quick, nimble dancers, led by Jennifer Goodman and Calvin Kitten, deftly mixed classical movement and American folk dance. The sunny music of Antonio Vivaldi and Arcangelo Corelli provided the backdrop.

No less intricate but far more serious, as its name implied, was "Dark Elegies," a 1939 piece by choreographer Tudor (1909-1987). Baritone Paul Grizzell sang the haunting composition, "Kindertotenlieder" by Gustav Mahler

On Stage

(1860-1911).

A Joffrey premiere, "Dark Elegies," through quiet, expressive movement, depicts a peasant village mourning its dead children. A seascape in the background with a huge, threatening tsunami-like wave added to the ominous mood. Featured dancers included Erica Lynette Edwards, John Gluckman, Calvin Kitten, Dallas Lundquist, Valerie Robin, Willy Shives and Maia Wilkins.

"Opus Jazz!" (1958), with lively choreography of Robbins (1918-1998) and hip jazz sound by composer-arranger Robert Prince, ended the program on a high note. The coming together and pulling apart of Jennifer Goodman and Ikolo Griffin were especially enjoyable to watch in "Passage for Two."

Looking ahead, the dance cards also are full for other local troupes as the spring season gets under way.

Hubbard Street Dance, performing March 30-April 17 at the Irving B. Harris for Music and Dance, will offer five new works. Among them will be works by choreographers Nacho Duato, William Forsythe, Lar Lubovitch and Ohad Naharin as well as Hubbard Street's artistic associate Lucas Crandall.

And Alvin Ailey American Dance Theater premieres "Love Stories," "Shining Star," "Hidden Rites" and "Burlesque" April 7-10 at the Auditorium Theatre.



Joffrey Ballet: American Masterworks

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Open Tues., Wed., Thurs. 4-9:30pm, Fri. & Sat. 4-10pm,
Sun. 1-8:30pm, Closed Mon.

Natural SCENE

To obtain a volunteer application, set up an interview, or for further information on getting involved with Volo Bog, please contact Volo Bog State Natural Area at 815-344-1294. Volo Bog State Natural Area is an Illinois Department of Natural Resources site located in Ingleside, Illinois west off Highway 12 between State Routes 120 and 134. Ameritech Relay for the Hearing Impaired is 800-526-0844.

About the Volo Bog State Natural Area

The current landscape of the northeast corner of Illinois was shaped principally by glacial activity thousands of years ago. As the climate continued to warm, the ice blocks melted, forming depressions which developed into lakes, bogs and marshes. Volo Bog was originally a deep 50-acre lake, with steep banks and poor drainage. Research on pollen grains preserved in the bog indicates that the lake began filling with vegetation approximately 6,000 years ago. A floating mat, consisting primarily of sphagnum moss formed around the outside edges among the cattails and sedges. Volo Bog is significant in that it exhibits all stages of bog succession.

Each season brings its own beauty and wonder to Volo Bog and seasonal visits allow for observation of a wide variety of plant and animal life. In the spring, fern fiddleheads reveal their beautiful fronds. Bog buckbean and leatherleaf bloom in abundance. A great variety of songbirds, waterfowl and wading birds stop by as they migrate north to their summer nesting areas.

VOLO BOG

Seeks Prairie gardener volunteers

Volo Bog's Prairie Gardener Volunteers are dedicated adults who love getting their hands dirty, for much of the work is pulling weeds to allow the prairie plants to expand. The group begins meeting in early April with a planning and training session, then works through the fall of each year. Each member devotes 1 to 3 hours per week,



pulling weeds, watering, transplanting seedlings, and collecting and scattering seeds. Members gain skills and knowledge that can be used in their home gardens as well. They enjoy the camaraderie of others who share the passion for nature and native species in the landscape. Members take pride in their work and enjoy the fruits of their labors - the beauty of a progression of blooms throughout the growing season at Volo Bog State Natural Area.

To obtain a volunteer application, set up an interview, or for further information on joining Volo Bog's Prairie Gardener Volunteers, please contact Volo Bog State Natural Area at 815-344-1294. Volo Bog State Natural Area is an Illinois Department of Natural Resources site located in Ingleside, Illinois west off Highway 12 between State Routes 120 and 134.

Lake County Forest Preserves

WAKE UP SPRING AND SAY GOODBYE TO WINTER

Wake up nature, welcome back spring critters, and bid adieu to winter with the Lake County Forest Preserves. New nature programs will be offered by the Forest Preserves throughout the months of March and April to help herald in the new season.

To kick off the spring season, a Welcome to Spring program will be offered at Independence Grove Forest Preserve near Libertyville on Sunday, March 20 from 1 to 3 p.m. Spend an afternoon learning about the Vernal Equinox and seeing how plants and animals "wake-up" to bring on Spring. This program is open to all ages. Children must be accompanied by an adult. Cost is \$5 (\$7 for non Lake County residents) per person. Pre-registration is required. Call 847-968-3321 to register.

In April, join the Forest Preserves for evening walks in search of frogs and wood-

cocks. Frog Walks will be offered Saturday, April 2, at Almond Marsh near Gurnee and again on Sunday, April 10 at Old School near Libertyville. Spend the evening listening and learning the importance of short-lived spring pools of water where frogs roost in the early days of spring. Learn how to identify different species of frogs by sight and sound.

Woodcock Walks will be offered on Sunday, April 3 at Grant Woods Forest Preserve near Fox Lake and Saturday, April 9 at Middlefork Savanna Forest Preserve near Lake Forest. As twilight arrives, a unique courtship dance is performed as male woodcocks try to impress the females. Hunker down in the grass for a peek at this odd ritual. Bring your binoculars as other spring migrants may also be present.

Both the Frog Walks and Woodcock Walks will meet from 6 to 7:30 p.m. All ages are invited, though children must be accompanied by an adult. Cost per program is \$6 (\$8 for non Lake County residents).

Pre-registration is required. Call 847-968-3321 to register.

Stroller Serendipity Strolls will be offered in April and May to give Moms, Dads, and other caregivers a chance to enjoy fresh air and exercise together while learning about the plants, animals and habitats found in Lake County. The first walk will be offered Wednesday, April 6 at Independence Grove and again on Wednesday, May 11 at Ryerson Woods near Deerfield. Walks will meet from 10 to 11:30 a.m. Sign up for one or both of these informal, baby-friendly walks that bring caregivers from all backgrounds together. The first walk will focus on waterfowl, and the second focuses on May wildflowers. Cost is \$5 (\$7 for non Lake County residents). Pre-registration is required. Call 847-968-3321 to register.

Visit www.LCFPD.org for detailed directions and maps to program sites. Independence Grove is located near Libertyville on Buckley Road just east of Milwaukee Avenue. Almond Marsh is located near Grayslake on Almond Road, south of Route 120 and north of Casey Road. Old

School is located near Libertyville on St. Mary's Road, south of Route 176. For Grant Woods, the program will meet at the southern entrance on Monaville Road, west of Fairfield Road, and east of Rt. 59 near Fox Lake. Ryerson Woods is near Deerfield on Riverwoods Road, south of Half Day Road.

For additional spring programs, visit www.LCPD.org or call 847-367-6640 and request a free copy of Horizons, the quarterly publication of the Forest Preserves.

Learn about nature and the world

Get on your way to becoming a Volunteer Nature Guide and deepen your understanding of the natural world. Join the Lake County Forest Preserves for three Sunday afternoon programs in March, April and May. Complete this series of programs (plus a few additional sessions) and you'll be set to becoming a Forest Preserve Volunteer Nature Guide.

Teachers who attend the programs earn CPDUs. The programs will be offered from 1 to 4 p.m. on Sundays. The first program, Animal and Plant Interdependence, will be offered March 13. The program will be followed by Freshwater Ecosystems and Natural Cycles on April 24, and Forest Ecosystems and Migratory Birds on May 22.

Prior experience in science or ecology is not needed to take these classes, only a desire to learn something new about nature and the world. Classes are led by Cyndi Duda from the U.S. Fish and Wildlife Service, and outdoor field study follows indoor activities. All programs are offered at the Lake County Forest Preserve General Offices located at 2000 N. Milwaukee, just north of Buckley Road (Route 137) near Libertyville. Cost to attend is \$21 (\$15 for Lake County residents) per person per session. A discounted rate of \$56 (\$40 for Lake County residents) per person is offered to attend all three sessions.

Pre-registration is required. To register, call 847-968-3321.

For additional spring programs, visit www.LCPD.org or call 847-367-6640 and request a free copy of Horizons, the quarterly publication of the Forest Preserves.



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HOROSCOPE

ARIES - Mar 21/Apr 20

This may start out to be an unpredictable week. But hold out until the weekend, when a surprise is in store for you. The stars are quite favorable for you now.

TAURUS - Apr 21/May 21

After days of wearing your heart on your sleeve, it's time for a change of action. Focus on what's most important to you, and get started working toward that goal.

GEMINI - May 22/June 21

You're in the mood to mingle, joke and socialize... and show off your amazing gift of gab, Gemini. Go for it, as all eyes (and ears) will be turned in your direction.

CANCER - June 22/July 22

Someone from your past may reappear unexpectedly. Consider it a stroke of good fortune. This person has insight into a situation that has been troubling you.

LEO - July 23/Aug 23

You're barely able to contain the lavish, extravagant side of yourself that is just waiting to break out, Leo. Keep it under wraps for a little longer or you may fizzle out.

VIRGO - Aug 24/Sept 22

You feel like you've been forgetting something important, Virgo. Check your list twice to see if it sparks your memory. Otherwise, press on and things will work out.

LIBRA - Sept 23/Oct 23

Overindulging is not a nice habit, and that's just what you've been up to, Libra. Put a stop to your wild ways, or you're bound to drive someone close to you in the opposite direction.

SCORPIO - Oct 24/Nov 22

You've been so overprepared for a major event, you actually have time to kick up your heels and relax this week, Scorpio. Choose to spend time with someone special.

SAGITTARIUS - Nov 23/Dec 21

You can fix a major problem temporarily with a little camouflage. But then you have to seek out the root of the problem and address it, Sagittarius. There's no easy way out.

CAPRICORN - Dec 22/Jan 20

You've been put in charge of a big project and are starting to wear thin. Rest assured that things are almost over, Capricorn, and rest and relaxation will soon be in your future.

AQUARIUS - Jan 21/Feb 18

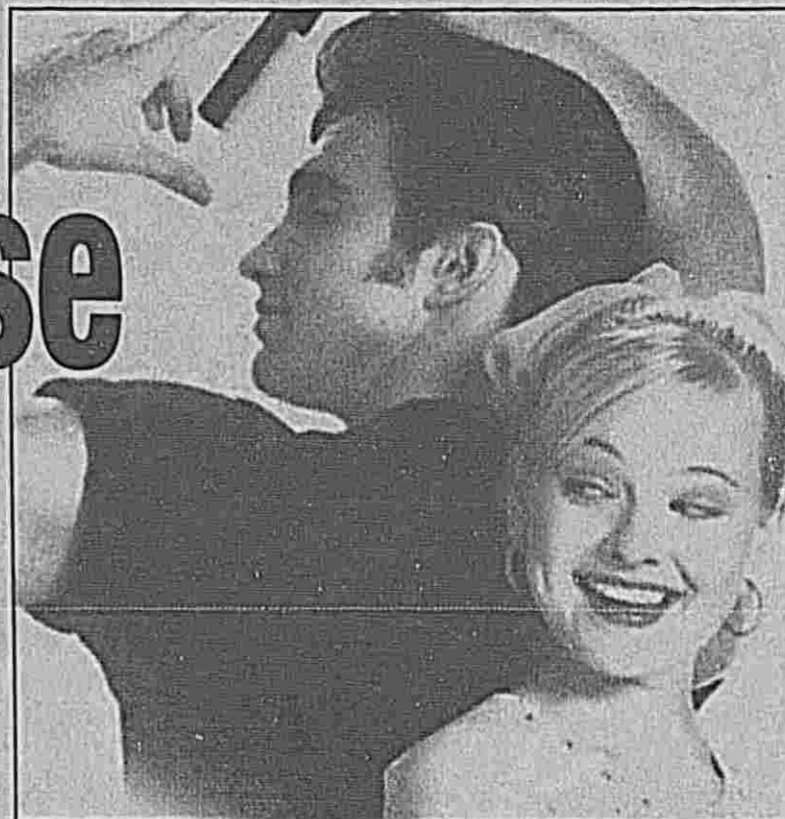
There is no magic wand that will make your problems go away, Aquarius. The only way to do so is to confront the issues head-on. Scorpio plays a role.

PISCES - Feb 19/Mar 20

Someone you thought was an ally will turn out to be direct competition. Expect the worst and hope for the best, Pisces.

Grease

Friday April 15th 8 p.m.



It's time to turn back the hands of time to 1959 as "Grease" slides into Waukegan in a brand new show from Phoenix Productions for one performance only. Tickets, which range in price from \$35. to \$55., are on sale now and can be purchased at the Box Office, all Ticketmaster outlets.

The leader of the pack meets bobby-sox sweetheart and proves once and for all rock 'n' roll is king when Grease rolls into town. One of Broadway's longest running musicals, Grease continues to be one of America's favorite shows as Phoenix Productions tours an all-new version of this teen-dream extravaganza.

The fifth-longest running musical in Broadway history, Grease takes a peek at Rydell High where the king of the Burger Palace Boys, Danny Zuko, almost loses his cool and his summer love, Sandy Dumbrowski, forever. It takes a dab of Brylcreem, drive-in movies, pajama par-

ties, cool cars, some tough-talking Pink Ladies, and their very own Teen Angel to keep these lovebirds on course. Filled with such hits as "Greased Lightnin'," "Summer Nights," "Born to Jive," and "We go Together." Grease is a delightful mix of "memoabilia, funky '50s sounds, exaggerated movement, and 'cool and tough' dialogue... a fascinating romp," claims television personality Dick Clark. And for those of you who cannot get enough of Grease special arrangements have been made to include three songs from the movie: "Hopelessly Devoted to You" and "You're The One That I Want" (by arrangement with Warner/Chappell Music) and Barry Gibb's "Grease" (by arrangement with BMG Music Publishing). Come early and have fun with the coolest of cool dee-jays, Vince Fontaine, as he spins your favorite tunes from the era at the best dance party in town.

EASTER DINING

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Chef's Omelet Station
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Mar. 18 - 10:00pm Kevin Purcell & the Nightburners
7th Annual St. Paddy's Party
Mar. 26 - 9:30pm 70's Party featuring Karaoke



Reel Movies

George & Pam Singleton
www.reelmoviecritic.com



- MOVIE REVIEW KEY**
- 5 = Don't miss this movie!
 - 4 = Wow! I'm impressed
 - 3 = Worth seeing but could've been better
 - 2 = Wait until this movie comes out on video
 - 1 = Someone should be fired for making this movie

NEW RELEASES

These films are currently playing at local theaters. An average of six new reviews a week as well as recent releases can be found under Now Playing at www.reelmoviecritic.com.

still playing



Diary of a Mad Black Woman: A film that addresses the plight of women African American and others who have been wronged. Its focus is on redemption and forgiveness. The story is told with strong religious messages against a comedic backdrop. Stars Kimberly

Elise of "Manchurian Candidate," soap opera star Shemar Moore, legendary Cicely Tyson, and Steve Harris from TV's "The Practice." Also features screenwriter Tyler Perry - the film is based on his highly successful play - in three roles. **(PG-13)**

opening this week



The Ring Two: Rachel (Naomi Watts) is back in a follow up to the hit horror film "The Ring." It picks up six months later in Seattle after the abhorrent events that terrorized Rachel and her son Aidan (David Dorfman, also from the first film). To escape their haunting memories, Rachel and Aidan hope to get a fresh start by mov-

ing to a small coastal community in Oregon. Hope quickly turns to terror when evidence at a local crime scene, including an unmarked videotape, seems uncomfortably familiar. Rachel realizes that the vengeful Samara (Kelly Stables) is back, bent on a relentless cycle of terror and death. **(PG-13)**

- Hotel Rwanda (PG-13) **5**
- Million Dollar Baby (PG-13) **5**
- The Jacket (R) **4**
- Be Cool (PG-13) **3**
- Because of Winn Dixie (PG) **3.5**
- Hitch (PG-13) **3.5**
- Man of the House (PG-13) **3**
- Are We There Yet? (PG) **2**
- The Wedding Date (PG-13) **2**

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ICE PRINCESS (G)	(1145 210 435) 7:10 9:35
THE RING 2 (PG-13) *	(1255 355) 7:35 10:15
HOSTAGE (R) - ID REQ'D	(1100 425) 7:20 10:00
ROBOTS (PG) *	(1145 1230 1150 200 245 330 415 500) 6:30 7:00 7:30 9:15 9:45
BE COOL (PG-13)	(1210 110 305 405) 6:35 7:05 9:25 9:55
THE JACKET (R) - ID REQ'D	10:25
THE PACIFIER (PG)	(1200 1230 220 250 440 510) 7:15 7:45 9:50 10:20
CURSED (PG-13)	(1235 255 515) 7:40 10:30
MAN OF THE HOUSE (PG-13)	(1150 225 450) 7:50 10:30
CONSTANTINE (R) - ID REQ'D	(1240 335) 6:50 10:25
HITCH (PG-13)	(105 400) 7:25 10:20
POOH'S HEFFALUMP MOVIE (G)	(1155 215)
FINDING NEVERLAND (PG)	(410) 6:45 9:30
MILLION DOLLAR BABY (PG-13)	(1215 320) 6:40 9:40
SIDEWAYS (R) - ID REQ'D	(1250 340) 6:55 10:10
THE AVIATOR (PG-13)	(1245 420) 7:55

The timing is just about perfect for the release of this film, as it premieres right after the Oscars and on the heels of our best picks for 2004. One of George's favorite films last year was "Young Adam" and this film has some similarities. It too is set in Scotland and also stars two of the same fine actors, Emily Mortimer as Lizzie Morrison and young Jack McElhone as her son, Frankie. "Young Adam" was an NC-17 adult romance, while this one is a PG-13 tearjerker, though not overly melodramatic.

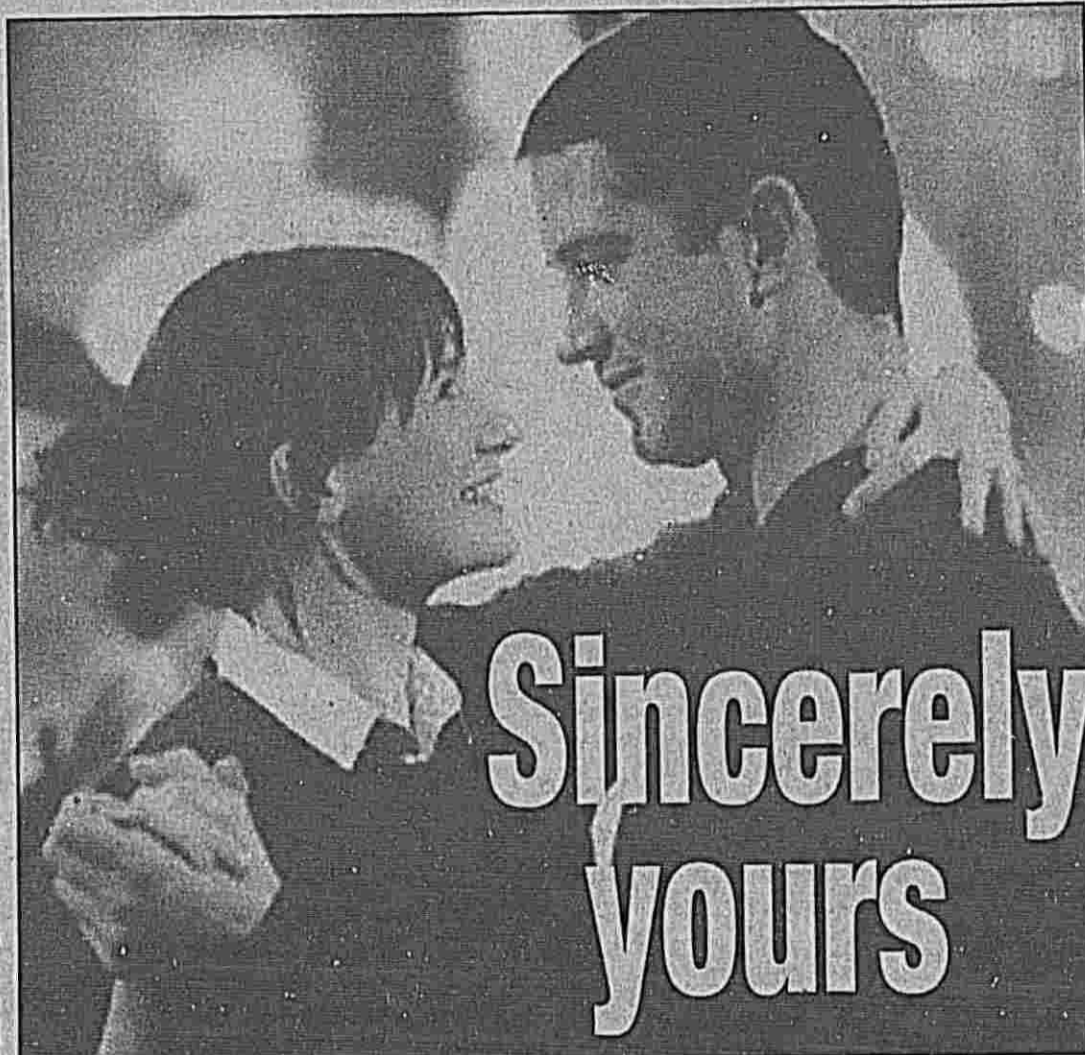
Frankie is a bright, talented boy, about to reach his 10th birthday, and he happens to be deaf. Living with them is Lizzie's mother Nell (Mary Riggins, a renowned radio star in Scotland). She projects the same earthy, on-screen quality as Imelda Staunton's performance in "Vera Drake."

Lizzie never keeps a job very long as they are always on the move. Are they staying one step ahead of the rent collector or is it something more? As the story unfolds you learn that someone is looking for them. It's a mystery of sorts, as intriguing as the wonderful letters and stamps that Frankie's dad sends him from the ports of call his ship, the Accra, sails into. But we also discover that it's Lizzie who writes these letters to Frankie, pretending to be his father.

Lizzie, Nell and Frankie arrive in yet another new town, by the seaside where many freighters dock. Frankie has the usual, expected adjustment issues. He corrects one boy's spelling when he scratches out "def boy" on a piece of paper. Frankie is an excellent lip reader and makes a few friends, and keeps track of the Accra's position with pins on a large map, as he reads his dad's letters.

An excellent student in geography, it's this trait that allows Frankie to connect the dots to the other events in the story that will let you know what Frankie really knows. This is a very well written movie, with some surprising turns.

The letters Frankie writes to his father are the only way he really says what is on his mind, and therefore it's how Lizzie stays connected to her son. She assumes that as he gets older, he'll tire of the routine, but of



Sincerely yours

course, that is not the case. With mail deliveries only twice a month, keeping up this routine is a manageable lie.

This process of deception is grooving along until a ship called the Accra appears in the local newspaper, stating that it will dock in their town in a few weeks. Lizzie works in a local restaurant with her new friend Marie (Sharon Small) who, when asked, finds someone who can be Frankie's dad for a day while the ship is in town working its cargo. Lizzie and The Stranger (Gerard Butler of "Timeline") have the expected budding romance yet it stays respectfully and realistically distant. He even stays an extra day to be with Frankie and his mother.

There are many little gems in this film. One is the cinematography. You feel like you are in Scotland. Frankie and his "dad" connect in a special way in their limited time together. This stranger genuinely wants to leave this boy's life in tact, even though he must go.

Late in the movie we learn that Frankie's real father is very ill and wants to see his son that he's not laid eyes on since he was an infant. The man was abusive but his sister urges Lizzie to at least visit him in the hospital, which she reluctantly agrees to do. Forgiveness is a spiritual value that merits considerable debate. Indeed, is it possible to forgive on your own terms...perhaps "a little"? That sounds like being "a little bit pregnant."

If forgiveness is something you know you need to embrace, this

movie may actually make your life move in a more positive direction. That's getting a lot for your time and money spent at the movies.

4.5
Dear Frankie
Review by Pam & George O. Singleton at info@reelmoviecritic.com
Cast

Emily Mortimer	Lizzie
Jack McElhone	Frankie
Gerard Butler	Da
Mary Riggins	Nell
Sharon Small	Marie

Directed by Shona Auerbach. Family/Drama/Scotland. Rated PG-13 for language. Miramax. Running time: 102 minutes.

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Showtimes for March 18 - March 23

ICE PRINCESS (G)
5:00 7:30 10:00
Sat/Sun Matinees 12:00 2:30

BEING JULIA (R)
5:15 7:45 10:30
Sat/Sun Matinee 2:00

MILLION DOLLAR BABY (PG-13)
4:45 8:00
Sat/Sun Matinee 1:15

HOSTAGE (R)
4:00 7:00 9:45
Sat/Sun Matinee 1:00

BRIDE AND PREJUDICE (PG-13)
3:30 6:30 9:15
Sat/Sun Matinee 12:15

HITCH (PG-13)
3:45 6:45 9:30
Sat/Sun Matinee 12:30

SIDEWAYS (R)
4:15 7:15 10:15
Sat/Sun Matinee 1:30

AVIATOR (PG-13)
4:30 8:15
Sat/Sun Matinee 12:45

SHOWPLACE 8 (847) 247-8958
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Showtimes for March 18 - March 23

THE RING 2 (PG-13)
3:30 4:15 4:45 6:45 7:15 7:45
9:30 10:00 10:30
Sat/Sun Matinees 12:30 1:30 2:00

ROBOTS (PG)
3:15 4:30 5:00 6:15 7:00 8:00
9:00 9:45 10:20
Sat/Sun Matinee 11:30 12:00 1:45 2:15

THE PACIFIER (PG)
3:45 6:30 9:15
Sat/Sun Matinees 1:00

BE COOL (PG-13)
4:00 7:30 10:10
Sat/Sun Matinees 1:15

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SHOWTIMES—FRIDAY, MARCH 18 THRU THURSDAY, MARCH 24

THE RING 2 (PG-13)
Fri/Sat/Thu 12:20 2:45 5:10 7:35 10:00
Sun-Wed 12:20 2:45 5:10 7:35

ICE PRINCESS (G)
Fri/Sat/Thu 12:00 2:10 4:20 6:40 8:55
Sun-Wed 12:00 2:10 4:20 6:40

ROBOTS (PG)
Fri/Sat/Thu 12:00 1:00 2:00 3:00 4:00 5:00 6:00 7:00 8:00 9:00 10:00
Sun-Wed 12:00 1:00 2:00 3:00 4:00 5:00 6:00 7:00 8:00

HOSTAGE (R)
Fri/Sat/Thu 12:25 2:50 5:15 7:40 10:05
Sun-Wed 12:25 2:50 5:15 7:40

THE PACIFIER (PG)
Fri/Sat/Thu 12:30 2:40 4:45 6:50 9:10
Sun-Wed 12:30 2:40 4:45 6:50

BE COOL (PG-13)
Fri/Sat/Thu 12:00 2:30 5:00 7:30 10:00
Sun-Wed 12:00 2:30 5:00 7:30

HITCH (PG-13)
Fri/Sat/Thu 2:00 4:35 7:15 9:50
Sun-Wed 2:00 4:35 7:15

MILLION DOLLAR BABY (PG-13)
Fri/Sat 1:00 3:50 6:35 9:20
Sun-Wed 1:00 3:50 6:35

MISS CONGENIALITY 2 (PG-13)
Thu 12:10 2:35 5:00 7:25 9:50
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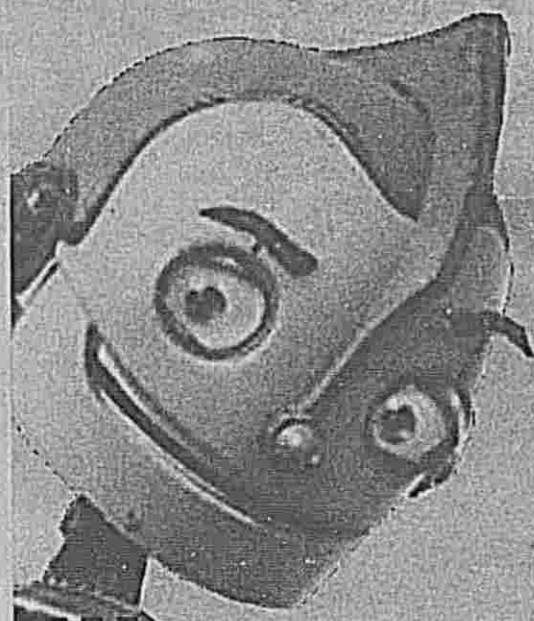
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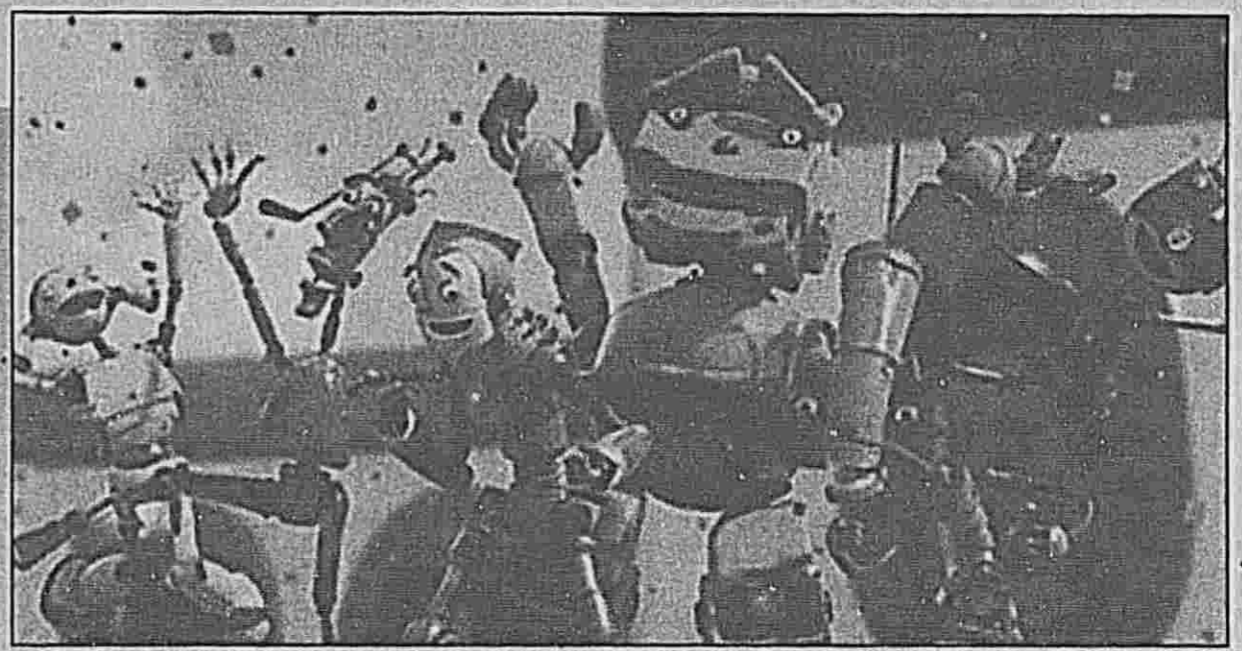
GURNEE Grand Ave. West 847-853-9940

SHOWTIMES FOR FRI 3/18/05 THRU THU 3/24/05

Ring 2 (PG-13)	12:25, 2:55, 5:25, 7:55
Ring 2 (PG-13)	1:15, 3:45, 6:15, 8:45
Ring 2 (PG-13)	2:05, 4:30, 7:05, 9:45
Ice Princess (PG)	12:35, 3:00, 5:20, 7:40, 10:00
Off The Map (PG-13)	1:35, 4:15, 6:50, 9:30
Robots (PG)	12:30, 2:40, 4:50, 6:55, 9:10
Robots (PG)	Ends Wed 1:05, 3:10, 5:20
Robots (PG)	1:25, 3:40, 5:50, 8:00
Robots (PG)	2:30, 4:10, 6:20, 8:30
Hostage (R)	1:30, 4:00, 7:10, 9:40
Be Cool (PG-13)	12:25, 3:15, 6:00, 8:40
Be Cool (PG-13)	Ends Wed 1:45, 7:05
Pacifier (PG)	12:40, 2:50, 5:05, 7:20, 9:35
Jacket (R)	1:30, 3:45, 6:00, 8:15
Hostage (R)	Ends Wed 7:30, 9:50
Man of the House (PG-13)	12:40, 2:45, 4:50, 7:00, 9:10
Man of the House (PG-13)	Ends Wed 4:25, 9:45
Diary of a Mad Black Woman (PG-13)	1:15, 3:50, 6:45, 9:15
Constantine (R)	2:00, 4:40, 7:20, 10:00
Hitch (PG-13)	1:00, 3:35, 7:00, 9:35
Million Dollar Baby (PG-13)	12:55, 3:55, 6:55, 9:55
Aviator (PG-13)	12:30, 4:00, 7:30
Pacifier (PG-13)	Open Captioned Fri 3:45, Sa 1:30, Su 6:00
Miss Congeniality 2 (PG-13)	12:35, 3:05, 5:30, 8:00
Miss Congeniality 2 (PG-13)	1:45, 4:15, 6:45, 9:15



Why be you?



When a robot comes into the world, he (or she) is "delivered" as a box of parts much like something you get from Home Depot that requires "some assembly." As the young "bot" grows, it's via the exchange of parts in an upgrade kit, and as one ages it requires parts for routine maintenance.

Young Rodney Copperbottom (Ewan McGregor) is a prolific inventor, whose gadget to help his dad wash dishes faster on the job leads to a catastrophe. Rodney wants to leave his small town hometown to head for the metropolis of Robot City, where he plans to sell his inventions to good guy entrepreneur Bigweld (Mel Brooks).

Robot City can be a tricky place for a kid away from home for the first time. Rodney finds a street-wise friend, Fender (Robin Williams), who helps him navigate around town. As Rodney moves through the big city, we are reminded of "Ice Age" (done by the same directors), where one is transported by buckets, slides and various items that are connected to the next with perfect timing. This is a little tiring for an adult but really fun for the kids.

Once Rodney finally gets past the tyrannical little guard (Paul Giamatti) at Bigweld headquarters, he's set to present his ideas to the board of directors. But Bigweld is missing. In his place is the villain of the film,

Ratchet (Greg Kinnear). While Bigweld's heart was in the right place when it came to making profits and doing what was ethical for the people, Ratchet is only interested in the bottom line.

Using the metaphor of humans always wanting to change themselves (makeup, cosmetic surgery, weight loss, etc.), Ratchet launches an ad campaign with the slogan "Why be you? Be the new you!" He discontinues the manufacture of individual replacement parts. Ratchet's approach is to force the robot to buy an entire upgrade, which is much more costly.

A robot not able to afford an upgrade is treated similar to those sent to the Flesh Faire in "Artificial Intelligence: A.I." That was a one way trip to be melted down and recycled. Before long, a war breaks out, forcing Rodney and his friends to throw out the bad guys.

Robin Williams is annoyingly good (as only he can be) as are a number of characters with bit parts such as Fire Hydrant (Jay Leno) and Mailbox (Al Roker). A spunky Cappy (Halle Berry) provides a certain serious lightness to the action in the film.

The animation is excellent and the music is catchy. In certain parts, the film is surprisingly racy with its gastronomical jokes and double entendre meanings about characters such as Aunt Fanny (Jennifer

Coolidge).

Although this is not the "Shrek" movie for 2005, it's certainly a good family film. Because it deals with the very important subject of self-image and worth, there is a strong message that many children will benefit from seeing.



Robots

Review by
Pam & George O. Singleton
at info@reelmoviecritic.com

Cast (Voices)

Ewan McGregor	Rodney Copperbottom
Robin Williams	Fender
Halle Berry	Cappy
Mel Brooks	Bigweld
Paul Giamatti	Tim the Gate Guard
Greg Kinnear	Ratchet
Jay Leno	Fire Hydrant
Jennifer Coolidge	Aunt Fanny
Al Roker	Mailbox

Directed by Chris Wedge & Carlos Saldanha. Comedy/Family/Fantasy. Rated PG for brief language and suggestive humor. 20th Century Fox. Running time: 91 minutes.

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Campus

College of Lake County

VISITING SCHOLAR TO DISCUSS MIDDLE EAST

Dr. Mahmoud Rashdan, a visiting Islamic scholar from Zarqa University in Jordan, will present two "brown bag luncheons" at CLC. Both presentations will be held from noon-1 p.m. with drinks and cookies provided. On Tuesday, March 22 in Room C003, Dr. Rashdan will discuss "History of Middle East Politics," covering the Ottoman Empire, World War I, the Versailles Treaty Peace Conference, the Balfour Declaration, the Hussein-McMahon letters, Arab monarchies, the state of Israel, Arab nationalism, the Arab-Israeli conflict and Mideast Terrorism. "The Educational System in Jordan and the Greater Middle East" will be Dr. Rashdan's topic on Thursday, March 24 in Room C002. Dr. Rashdan will discuss "madrasahs," the equivalent of K-12 schools as well as collegiate education. Dr. Rashdan's visit is being sponsored by CLC International Education, the American University of Beirut, the William and Flora Hewlett Foundation, the Carnegie Corporation of New York and the Rockefeller Brothers Foundation. He is part of the Understanding Contemporary Islam (UCI) program, which sponsors numerous faculty exchanges between the United States and countries in the Middle East. He teaches in the Faculty of Education at the University of



Rashdan

Zarqa in Zarqa, Jordan. Dr. Rashdan received his A.B. degree from the University of Beirut in Lebanon and completed his doctorate at the University of Wisconsin-Madison. To register or for more information, call 847-543-2447.

'LANCERNET' WI-FI CONNECTIONS ADDED AT CLC

CLC students, faculty and staff can now access the Internet through their laptop computers and PDAs in several locations throughout the Grayslake campus. Seven antennas were recently installed that make the wireless Internet connections possible. "The Lancernet allows free wireless Internet access to those who want to check their e-mail or search the Internet," said Ratnakar Nanavaty, chief information officer for CLC. "Students and faculty asked us to provide this service, and we are happy to now have it available. I think it will be especially helpful for working students who take night classes. For example, if they arrive on campus after work with their laptop or PDA, they can check their work e-mail before class begins or do research on the Internet." Lancernet offers connections in the new Technology Building's open lobby areas, in the Learning Resource Center (LRC) Atrium, the Main Lobby, Anderson Court, Brandel Court, the C Wing Lobby and portions of the LRC. Lancernet will be added at the Southlake Educational Center and the Lakeshore Campus in April. The network ID is Lancernet, and no configuration is needed, according to Nanavaty. "Once connected, the first time you access the Internet a blue screen will welcome you to Lancernet. Just put in your e-mail address in the yellow box to access the Internet," he said.

University of Illinois

Workshop on the Senior Horse Scheduled for March 29th

Horse owners and individuals considering buying a horse are invited to a workshop on how to care for an older horse. UW Extension Horse

Specialist Liv Sandberg will be speaking about this topic.

Ms. Sandberg will focus on the changes that are occurring with a senior horse as well as what can be done to ensure continued good health in his/her final years. Specifically, she will focus on what changes may be occurring in the mouth, in the digestive system, in the body condition, feet, and joints of the horse. Included will be a discussion about possible alternative feeding methods and health care management practices.

The workshop will be held on Tuesday, March 29 from 7 to 9 p.m. at the Kenosha County Center, located at the corner of Hwy 45 and 50 in Bristol, Wisconsin. Cost for the workshop is \$15/person and one 4H and FFA youth member is free when accompanied by an adult.

To request registration information, contact the Lake County Illinois Extension receptionist at 847-223-8627.

Bi-State Horse Workshop: Foot Care, Vaccinations and More

The Extension service of the University of Illinois and the University of Wisconsin is pleased to bring you the following workshop: Lameness, Hoof Care, Vaccinations and Acupuncture.

This workshop will be held on Saturday, April 2, 2005 from 9am to 3 pm at Merritt and Associates Clinic. The clinic is located at 26996 North Darrell Road in Wauconda, Illinois. Keith Merritt, DVM, will demonstrate a lameness exam, Don Tritz, Farrier, will discuss foot care and treatment for lameness in the foot. This workshop will also include a demonstration of acupuncture and discussion of available vaccines.

The fee for this program is \$20.00 and includes lunch. Registration deadline is March 23.

New Gardeners

Are you a new gardener or maybe an experienced gardener, but new to the Chicagoland area? Have you gardened before, but with less success than you had hoped for? If so, University of Illinois Extension has what you need. The Lake County office of University of Illinois Extension is offering two classes that can help.

'Gardening for Beginners' is a set of two classes designed to help the individual who is new to gardening or new to gardening in the

Midwest. 'Gardening for Beginners' focuses on the basics of gardening. You may register for one or both classes. When you call to register, please indicate which session(s) you want to attend.

These classes are offered at no charge. Advanced registration is required for all sessions due to space limitations in the class. To register for the classes, call the extension office at 847-223-8627 or register on-line at web.extension.uiuc.edu/lake/. The classes will be held at the Extension office, located at 100 S. Highway 45 in Grayslake. Both classes will be taught by Horticulturist Sharon Yiesla.

Waukegan Discovery program offers classes throughout Lake County

The following Discovery courses will be offered at Waukegan Township Park Place Senior Services Center, 414 S. Lewis Avenue, beginning in March.

African Arts and Issues

Will be held from 1 to 2:30 p.m. on Wednesday, March 16. CLC art and humanities instructor, Bob Lossmann, will share a thought-provoking presentation on his African travels, covering art, beliefs and current issues. The fee is \$15. "Legal and Financial Issues," a Red Cross course will cover the legal issues surrounding caring for someone, and arranging health care, including insurance, budgeting and patients' rights and advanced directives (living will, power of attorney). It will be held from 9-10 a.m. on Tuesday, March 8 and costs \$19.

Organizing Your Home

Will help you organize your home room by room. It will be held from 1 to 2:30 p.m. on Thursday, March 24. The fee is \$10.

Versailles et la Cour de France

Will be held from 1 to 3 p.m. on Tuesdays, March 15, 22 and 29. This course will examine the construction and design of Versailles, including the contributions of Ange-Jacque, chief architect to the King of France; the famed gardener Claude Richard; painter Claude-Louis Chatelet; and the femme fatale Madame Pompadour. The cost is \$39.

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To Do:

Workshop

Annual Plant and Fish Sale

Although outside it is cold, the Soil and Water Conservation District of Lake County is already thinking at the planting season. The District is getting ready for its annual plant and fish sale events. The plant sale is the biggest fundraiser for the District, which is a not-for-profit organization. The fish sale is available for pond stocking. Consistent with its conservation goals, the district offers a large variety of native trees, shrubs, wildflowers and grasses that thrive in northern Illinois while adding beauty to the County. The lists of plants offered, as well as their description, prices, deadlines for orders and other interesting news and upcoming events are included in our free newsletter. Copies are available at the district's office at 100 North Atkinson Rd., Suite 102-A, Grayslake, IL. The newsletter, along with pictures of the plants offered for sale, is also available on-line at www.lakeswcd.org. Deadline for plant orders is April 15 and pick-up is May 4 and 5 at the Lake County Fairgrounds.

The district, in collaboration with Lake County Forest Preserve District, is also conducting its annual "Big Tree Contest." Prizes will be awarded for the biggest White Oaks in the county. Contest rules are available at the district.

Event

Family Fun Run/Walk Saturday, April 23 9 a.m.

Get ready for a great community event. Register for the fifth annual Family Fun Run/Walk in person from April 4 to 18, at the Lake Villa District Library, Lindenhurst Park District, or Lake Villa Village Hall. Registration includes a free T-Shirt (first 250 registrants)

from the Friends of the Lake Villa District Library. Registration on April 23 will also be done onsite from 8:15 to 8:45 a.m. The non-competitive run/walk will start and finish at the west parking lot in Linden Plaza. Participants may bring strollers, but no roller blades, bikes, or skateboards are allowed. Leashed dogs are permitted. This event is co-sponsored by the Lake Villa District Library, Friends of the Lake Villa District Library, Lindenhurst Park District, Vista Surgery and Treatment Center, the Village of Lindenhurst, Linden Plaza Merchants Council, Kiwanis Club of Lindenhurst - Lakes Area, and the Lake Villa Parks and Recreation Committee.

The Easter Bunny is coming to Gurnee Mills

Shoppers are invited to visit and get their photo taken with the Easter Bunny in Grange Hall near Bed, Bath and Beyond, from March 18 until March 26.

"Easter is a great time for families at Gurnee Mills. Welcoming the Easter Bunny to the center is such a traditional event that both kids and adults enjoy and look forward to each year," said Curt Morey, Marketing Director at Gurnee Mills. "The activities and sales Gurnee Mills offers for the holiday are a great reason to come out and visit our center."

Gurnee Mills will also offer special activities for the holiday, including break.

Visit www.gurneemills.com for additional information.

Musical

Carmel High School announces Spring musical

Carmel High School's Drama Club announces this year's spring musical production, "Annie". The play will be presented on Friday, April 15 and Saturday, April 16 at 7:00 p.m. The Sunday, April 17 performance is at 2 p.m. Tickets are \$7.00 for adults and \$5.00 for students and senior citizens. Tickets available in advance or at the door.

For additional information, please call the fine arts department at 847-327-6348, or contact Mrs. Judy Territo, Drama Teacher via email at JTerrito@carmelhs.org

Festival

'Artist on the Bluff'

The "Artists on the Bluff" will hold their 5th annual Festival of the Arts on Saturday June 25 from 10 to 5 and Sunday June 26 from 10 to 3, on the Village Green in Lake Bluff (at Sheridan Road and Route 176).

The Festival will feature the work of many area Artists as well as live entertainment.

A unique feature of the Festival is "Quick Draw," when participating artists work from live models and still life set ups around the gazebo, over a two hour period (on Saturday from 12 to 2pm), as spectators observe. The work is then displayed in the Main Tent and is available for purchase at silent auction. Don't miss the opportunity to make some art of your own in the Creativity Tent. For more information, please visit www.ArtistsOnTheBluff.org

Education

Seniors learn 'Beatles to Beethoven'

The Northbrook Park District Senior Center will host six fun new music classes this spring. Entitled "Beatles to Beethoven," sessions will re-introduce adults to some of their favorite composer's music, with piano and song accompaniment. Classes begin Monday, April 18, 10 a.m. at the 3323 Walters Avenue Center. Fees are \$25 for members, \$35 for non-members. For registration information, please call 847-291-2988.

Sale

Book sale

Friends of the Fremont Public Library at 1170 N. Midlothian, Mundelein, will hold a spring book sale. Preview Night is Thursday, March 31 from 5 to 8 p.m. For a \$5.00 admission fee, you may have a special, early opportunity to purchase choice, slightly used books, tapes, videos and other items. The Book Sale continues on Friday, April 1 and Saturday, April 2nd, from 10 a. m. 4:30 p.m. Sunday, April 3rd, 1:00 p.m. to 4:30 p.m. is Bag Day. Here is your chance to purchase a bag of books for only \$5. Don't miss the sale. You will

be delighted with the many choices. There are items for all ages and tastes. The money from the sale will be used to purchase items for the library that are not in the general budget. Many items purchased by the Friends of the Library are visible around the library: carts, signs and display racks. Besides the Friends' annual book sales-, the Book Nook produces between \$700 and \$900 a month in revenue. Every penny earned by the Friends of the Library is used to purchase new items for the library.

Show

The Magic Man is back

Nationally acclaimed illusionist and Zion native Bill Blagg III returns home to Lake County for one show only. Buckle your seatbelts and get ready for one unbelievable ride as Blagg brings his nationally touring show "IMAGINE"-A Night of Magic & Illusion to the James Lumber Center for the Performing Arts (CLC main stage) for one show only on Saturday, March 26th, at 7 p.m.

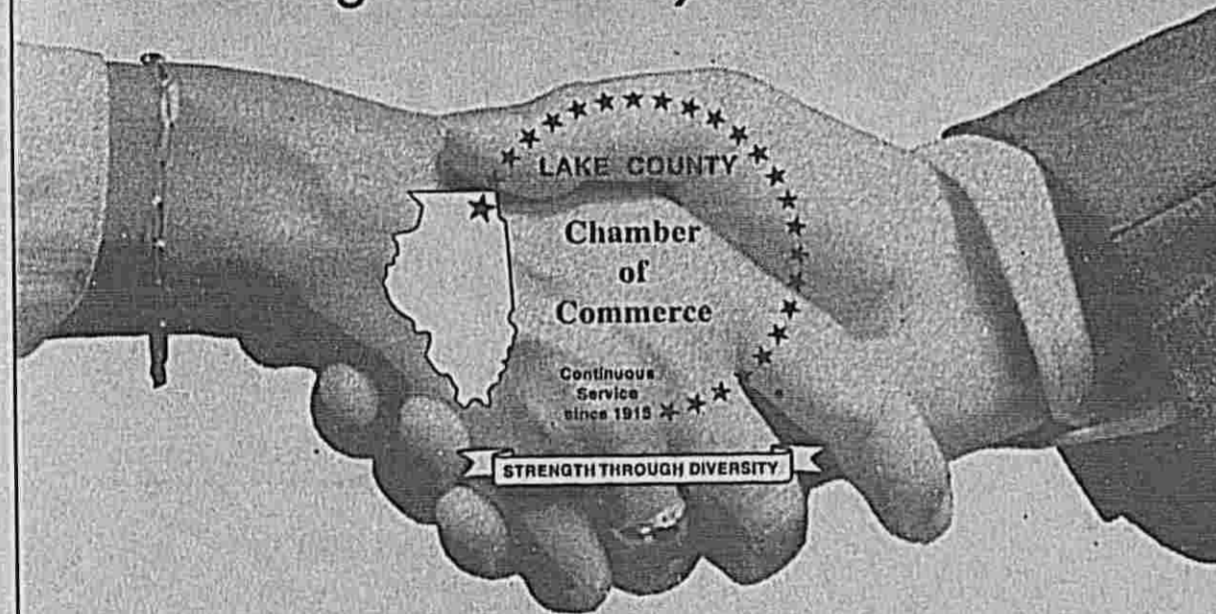
At 25, Bill Blagg III would appear to be a newcomer to the magic scene. But with credentials that extend back to the age of 5, Blagg's resume goes well beyond his famous dancing hanky trick. Having enlisted the help of Don Wayne, David Copperfield's longtime producer and magic consultant, Blagg is creating his own brand of wizardry, which has been featured on NBC, CBS, and FOX television. For his latest show, the acclaimed illusionist plans to cut a woman in half vertically, make a person from the audience float in the middle of the stage and materialize a snowstorm from his bare hands. The best part is this is just the beginning.

Sports

Teams Course Facilitator Training

The Northbrook Park District is recruiting facilitators for the Teams Challenge Course program. Located at Meadowhill Park, the Course is a series of outdoor initiatives designed to develop team building and problem-solving skills within the participating groups. Facilitators are trained to tailor the Course to meet each group's special needs.

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Saturday, April 23, 2005

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8:00 AM - 2:30 PM

All collections sponsored by the Solid Waste Agency of Lake County are free for Illinois residents ONLY. You do not need to live in the community in order to participate in the event.

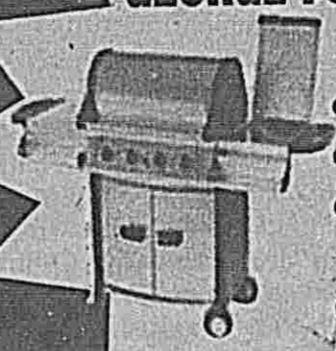


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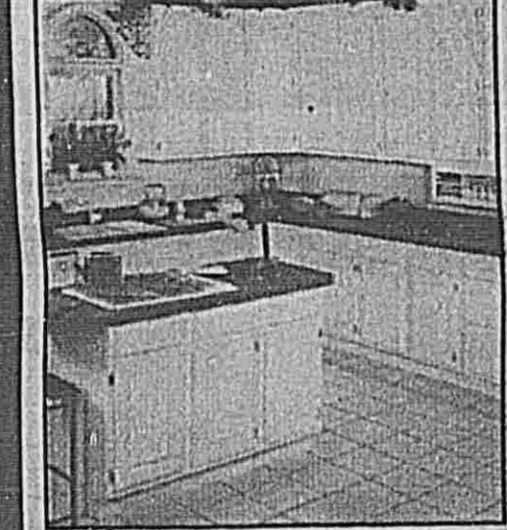
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LAKE COUNTY
NEWSPAPERS

SNAP SHOTS

Your thoughts on this week's hot topic

"Should Illinois import prescription drugs from Canada?"



JANICE NESS
Lake Villa

"Yes, because if people can get them cheaper they should be able to."



RAY ZACK
Round Lake

"Yes. Primarily because it has been cost prohibitive to buy drugs in the United States."



ANISA PEREDA
Waukegan

"Absolutely. If they don't make them affordable for people who really need them, then why not outsource them?"



TONI HOY
Ingleside

"Only if it's something we don't produce here."



TOM COLLINS
Grayslake

"Yes. Why, because I'm sure they are safe."



ANGELO NEGRÓN
Waukegan

"Yeah, I think they should."

EGGING HIM ON

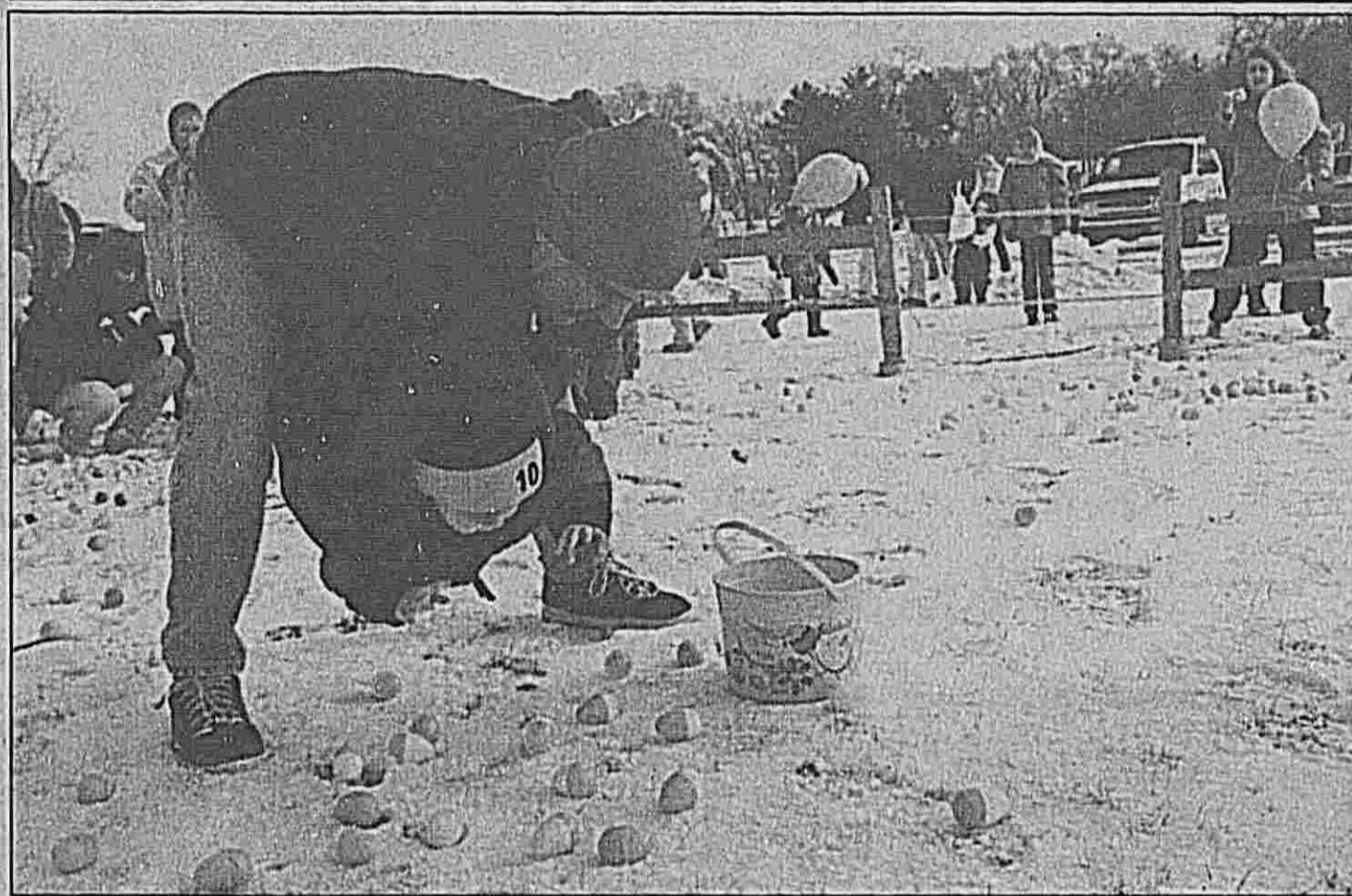


Photo by Candace H. Johnson

Tom Schwelss of Ingleside helps his one-year-old son Tommy pick up Easter eggs during a cold egg hunt at the Village of Fox Lake's Lakefront Park.

A FIRST chance at the English language

Grant to help new CLC program

By Nicholas Alajakis

Staff Reporter

Less than a year ago, Leticia Martinez struggled with the English language. She didn't recognize letters. She couldn't read well. And like many Mexican immigrants in Lake County, she even struggled to speak the language.

The lack of English proficiently went beyond just affecting her. Martinez worried that her daughter, four-year-old Maydeline Mendez, would struggle to learn the language as well.

"It was hard," Martinez recalls. Then in September it all changed for her. A new program sponsored by the College of Lake County allowed her to go to her hometown library in Round Lake and learn the English language, so that she'd be able to pass it on to her daughter.

The reading program has been a big help, Martinez said. She can now read to her daughter and when her daughter goes off to school, she hopes to assist her with homework as well.

And now, many other Latino mothers will be able to join in Martinez's success.

Congressman Mark Kirk (R-Highland Park), announced a \$248,000 grant last week that will help launch the Families Involved in Reading Stories Together (FIRST) program on an even bigger level, beyond the abbreviated stage that Martinez enjoyed.

The launch of the full-scale FIRST program will help all interested Latino speaking young parents to learn the English language.

"It's a very ambitious goal," Kirk said. "We want to reach every Latina mother and give her the opportunity. When you don't speak the language you can be quite isolated."

The idea to launch a full-scale program in Lake County came from Kirk's Latino Advisory Board, which was looking for ways to decrease the Latino

dropout rate.

One constant in all the interviews they did with Latino dropouts was that they never had a parent to help them with homework, because their parents did not know English, said advisor board chairman Rosa Reyes-Prosen.

Reyes-Prosen knows first hand how difficult it is for parents who don't read English. Growing up, she remembers her parents struggling with English.

The FIRST program will provide new opportunities that were not there before, Reyes-Prosen said.

The \$248,000 acts as seed money for the first year of the program, Kirk said. He will need to secure the funds in additional years, but said he thinks it will be possible.

The program is an effort with the College of Lake County, the Literacy Volunteers of Lake County and the Waukegan, Zion-Benton and Round Lake Area Libraries.

For information on the program, call 847-543-2021.

nicka@lakelandmedia.com

County names a new cultural director

A national search by the Lake County Forest Preserves for a new Director of Cultural Resources resulted in selection of Katherine Hamilton-Smith, a longtime Forest Preserve employee.

"From more than 80 applicants nationwide, we recently interviewed five outstanding candidates for Director of Cultural Resources," said Bonnie Thomson Carter, President. "Katherine was selected as the best person to lead our award-winning Lake County Discovery Museum, Greenbelt Cultural Center, Bonner Heritage Farm and Adlai Stevenson Historic Home."

For the past 18 months, Hamilton-Smith has served as Interim Superintendent of Cultural Resources, and has overseen day-to-day operations of Cultural Resources facilities within the Lake County Forest Preserves. She will begin her new job as Director of Cultural Resources immediately.

She began her career with the Forest Preserves in 1982, and oversaw creation of the Teich Postcard Archives, the largest publicly held collection of postcards in the world.

In recent years, she had served as manager of historic resources, and was in charge of archives, collections and exhibits at the Lake County Discovery Museum. In that position, she led a \$2.2 million project to renovate, replace and expand permanent exhibit galleries at the Discovery Museum. She also has coordinated restoration of the Adlai Stevenson Historic Home in Mettawa through a \$2 million state grant.

Hamilton-Smith has a Masters degree in Art History from the University of Chicago and a Bachelors degree in Art History from the University of Nebraska. She also studied at St. Andrews University in Scotland and is a Certified Archivist. She lives in Libertyville with her husband and two sons.



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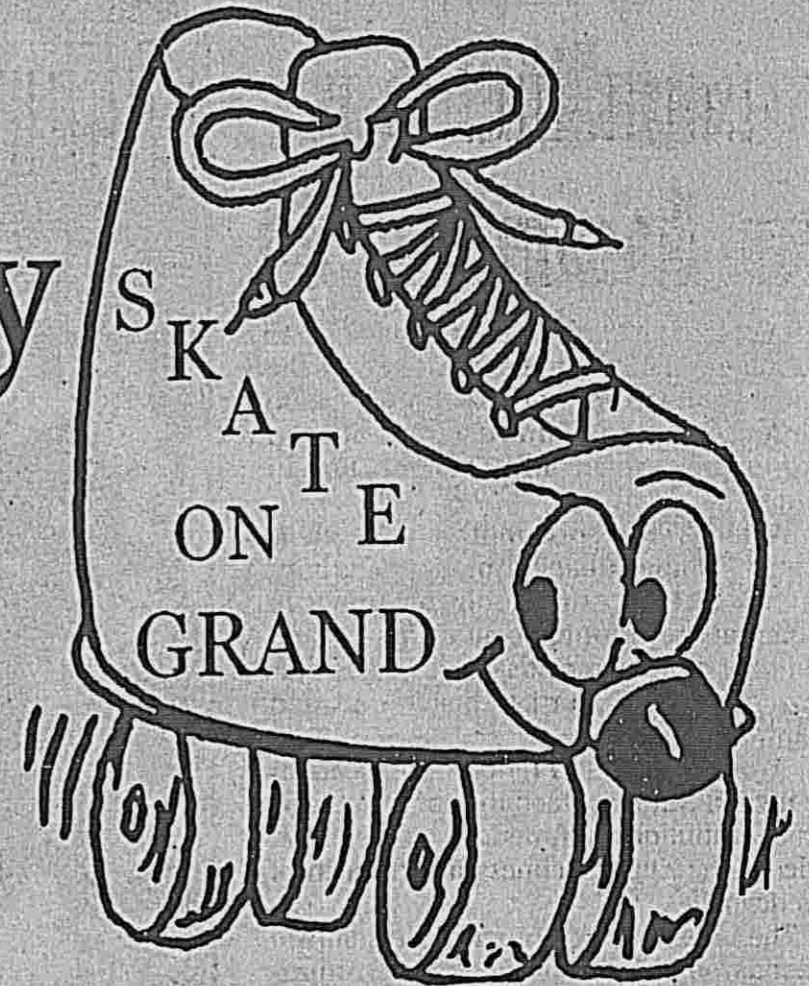
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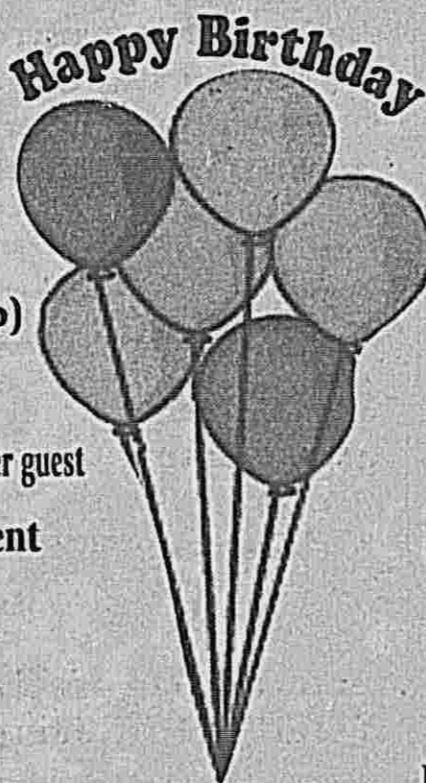
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Women's coalition to honor 11

On March 19, the Lake County Women's Coalition will honor eleven women at the annual Women's History Month Celebration at 9:30 a.m. at the Gurnee Police Facility on Washington Street and O'Plaine Road in Gurnee.

Women's History Month in March is themed, "Women Change America," and honors and recognizes the role of American women in transforming culture, history and politics as leaders, writers, scientists, educators, politicians, artists, historians, and informed citizens.

"Women Change America" also celebrates the myriad ways in which the spirit, courage, and contributions of American women have added to the vitality, richness, and diversity of American life.

The Lake County Women's Coalition will honor a woman from each member organization who has made a significant change in the organization or community. The honorees include: YWCA—Liz Forbrich, Altrusa—Gerry Stewart, AAUW Waukegan Area Branch—Mary Reljic, WINGS—Rosemary Mers, Waukegan Women's City Club—Margaret Young, Waukegan Area Church Women United—Maroa Axotis, Women in Management—Roycealee Wood, Aux Plaines Sigma Phi—Elaine Johnson and League of Women Voters of Lake County—Marge Blake. The awards will be given by Barbara Richardson-Cannon, founder of Lake County Women's Coalition.

Founded in 1995, Lake County Women's Coalition's mission is to continue the pursuit of equality that brought forth the ratification of the Nineteenth Amendment through perseverance, integrity and commitment. Currently nearly 20 women's organizations in Lake County form this coalition believing their voice is stronger when united. For information about the organization, call Susan King at 847-816-7453.

ALOOKBACK

Lake County history from the Lakeland Archives



Lakeland Archives

Mike Hughes of Round Lake gets an autograph from Power Ranger Tommy at the Round Lake Home and Trade Fair in 1995.

10 YEARS AGO • 1995

A Wadsworth teen was a prime suspect in a plot to kill his father in Wisconsin. The teen faced charges of burglary and attempted murder in connection with a new gang in Kenosha. The teen was captured in Deerfield.

Six Libertyville High School students were arrested after a teacher at the school noticed two students exchange a small amount of cannabis on school grounds. School officials planned on meeting to decide if they would expel or suspend the students.

After nearly two months, Lake County

Sheriff's officer finally identified the remains of the missing women.

A proposal to expand Lake Zurich Theaters to 13 screens was denied by the village board. The expansion would have added it the largest cinema in Lake County.

15 YEARS AGO • 1990

A group of nearly 200 people were spending countless hours a week going door to door in Gurnee to spread the word on District 56's upcoming referendum. The district was seeking a .75 increase in the education fund.

As unseasonably warm temperatures hit the area, officials in Fox Lake were closed

monitoring the lake levels. With the ground still frozen, all excess water was going into the lakes and causing the McHenry dam to back up.

25 YEARS AGO • 1980

Lake County sheriff's deputies and Chicago police cooperated in a raid of a farmhouse on Chardon Road in Fremont Township that resulted in the confiscation of \$500,000 worth of drugs.

Confiscated in the raid were 1.5 pounds of cocaine, 150 pounds of marijuana, 100 ounces of hash oil and quantities of LSD.

Compiled by Nicholas Alajakis

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Words of praise for candidates

With only days away from April 5 election day, this is a good time to extend thanks to the scores of citizens who have placed their names on the ballot in the April 5 consolidated election. A rough tabulation puts the candidate count at approximately 1,000, making it the biggest election in numbers of candidates and offices to be filled in the history of Lake County.

There will be more losers than winners the first Tuesday of April because of multiple candidacies for the same office. The winners obviously will have their day in the sun. To the unsuccessful candidates, though, a debt of gratitude is deserved for participation, providing choice and making our political system work.

National news has been replete in recent weeks with the importance to world peace of local elections in Iraq. Freedom doesn't exist without the ballot box. Many voters going to the polls April 5 may not grasp that point. Americans, even those who seldom or never vote, take their freedom to vote for granted.

A word about the consolidated election process, where offices in many units of local government are filled in one swoop. It always hasn't been that way in Illinois. Every other spring would bring a variety of elections for municipalities, schools, library districts, park districts and so forth. The process was confusing and costly. Lawmakers sought to eliminate the duplication by lumping all the elections together in one day of balloting in April. Thus the Consolidated Election system as we know it today was born.

We must admit to some misgivings at the time the proposed new system was debated. Our fear was that some of the candidates for less prominent governmental units would be lost in the shuffle, overshadowed by high profile, hotly contested battles for mayor, for example. It hasn't worked out that way. One reason is the efficient and professional way consolidated elections are managed by County Clerk Willard Helander and her dedicated and competent election team.

Coming down to the wire, April 5 will culminate campaigns some of which started a year ago. Huge amounts of effort and in many cases, no little expense, have gone into the makings of the election. The cry is even being heard at the grassroots, "Local elections are all about money." Our thanks again to all the candidates for their display of courage and commitment to help all of us exercise our right to vote for the candidates of our choice.

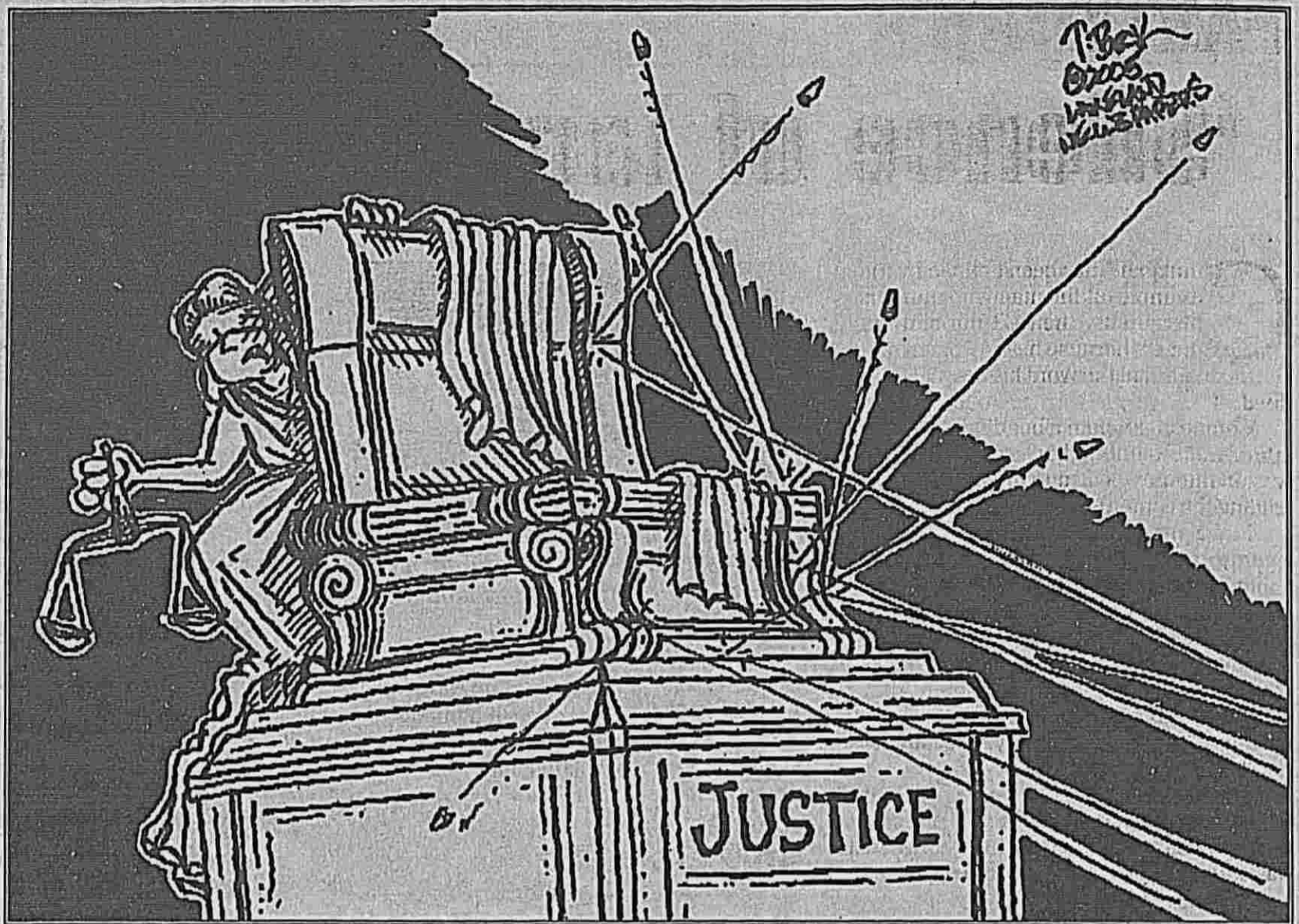
Reader request: fill out survey

With the exception of resubscribing and inviting readers to consider Lakeland Newspaper editorial views on pertinent public topics, we seldom if ever make requests of our readers. We're deviating from policy this week to request your participation in a readership survey.

Quarterbacked by Managing Editor Marc Jenkins, the survey is designed to find out a variety of questions about the newspaper including your favorite features and your opinion on how we cover the news.

As regular Lakeland readers know, we're serious about the news. Lakeland readers are aware that we tackle the hard issues. The Lakeland Newspaper political coverage is tops in the area. Do you agree? Our local sports reporting has added a new dimension to sports interest in Lake County. At the same time, our editors and reporters do their level best to present a professional package every week of both timely news and interesting features. Your opinions are valued and will help bring about changes and improvements.

Every successful newspaper is a result of community support and an expression of confidence on the part of readers and advertisers. The Lakeland Newspaper family of readers is growing steadily, but frankly, we'd like to quicken the pace. That's where you come in. Tell us what you like; also what you don't find useful. We'll take it from there. Thanks for your response if you've already filled out the survey form. If you haven't yet responded, we request your opinions. They mean a lot.



VIEWPOINT

Illini battling without the Chief



Bill Schroeder

Publisher

As the Fighting Illini write new chapters in basketball history marching toward another Final Four appearance and a possible national championship, a significant part of University of Illinois sports lore and tradition is missing.

Chief Illiniwek, the U of I's personification of courage, leadership, character and fortitude for 75 years is sitting home with no place to go.

Bowing to the onslaught of political correctness and the long-simmering controversy over the appropriateness of a Native American symbol as part of a major educational institution's public image, conference officials put out the word that Chief was not welcome at the annual Big Ten tournament in Chicago. If the Illini get as far as the Final Four in St. Louis, the chief will remain home in Champaign. NCAA officials, always beset with more than enough problems, aren't about to buy into a potential firestorm of criticism from opponents who have been out to get rid of the Chief for more than 20 years.

U of I sports heroes once stood shoulder to shoulder with Chief Illini, finding inspiration in his presence

and stoic and single-purpose dedication. Traveling to New York City in 1946 for a memorable football game with the heralded Army, Chief Illini electrified a packed house at Yankee Stadium. The Chief built a national audience of fans as the Illini made Rose Bowl appearances, playing before national television audiences.

The final chapter of Chief Illiniwek may already have been written, to be played out under new university president Joe White. There is speculation that the University will cut a deal with dissidents to keep the nickname Fighting Illini, the Illini reference to the ancient Native American tribe that inhabited a part of what now is Illinois, possibly preserve tasteful use of the logo that incorporates an artful version of a chieftain's war bonnet in return for retiring the Chief.

An honored and revered symbol of good and greatness reduced to cheap log-rolling politics.

Of all the thousands of words written pro and con in recent years, a letter to the editor in the March/April U of I Alumni Assn. magazine captures the irony over the Chief Illini controversy and describes succinctly what is

happening. The effort to eliminate Chief Illiniwek is not unlike the "attempts of the white man to eliminate the heritage of the Native Americans in the late 19th and early 20th centuries. Native American children were sent off to schools and compelled to dress in white man's clothes and compelled to emulate white man's ways....To eliminate Chief Illiniwek is to say that their presence here, their contributions to our culture today, their way of life, the example of their harmonious existence with the land and the other creatures on it was not worthy of note in passing."

Well stated. The opportunity to sing "Hail to the Chief" may be nearing an end. What a sad commentary on modern America.

Private property

Kemper Lakes Golf Club, once one of Lake County's premier public courses, has a dwindling number of memberships available as it gets ready for private play. A renovated clubhouse will open in April. Kemper opened in Long Grove in 1979 and has hosted such top events as the 1989 PGA championship, four Grand Slams and four Senior Opens, and several

major women's pro and amateur events. The course now is part of Hawthorn Woods.

For Cub fans

Make a date for this event, die-hard Cub fans! Author Charles Billington will review his book on Wrigley Field's last World Series with the 1945 wartime Cubs at 1 p.m. Friday, April 29, at Ela Area Public Library, Lake Zurich. Billington has interviews with four remaining members of the '45 National League champs. The book offers insights into how World War II and the draft impacted Major League Baseball besides retelling a memorable year in Cub history.

One man's family

Granddaughter Caroline's usually sunny look turned to a brief frown when a dash of water from the baptismal font brushed her forehead. The ceremony didn't displace a perky pink hair ribbon she was wearing. She was all smiles the rest of the day as were proud parents, grandparents and other relatives at one of life's precious occasions.

LETTER TO THE EDITOR

Join cancer fight

I will be among the more than 18,000 cancer survivors throughout the state of Illinois who will celebrate life this spring and summer by walking with their family members and caregivers in the emotional opening ceremonies of American Cancer Society (ACS) Relay For Life events.

Cancer survivors, their families and caregivers are all invited to participate in one of the 10 American Cancer Society Relay For Life events being held throughout the Lake County Region.

Relay For Life is a fun-filled, overnight event that mobilizes communities throughout the country to celebrate survivors, remember loved ones and raise awareness and funds for the fight against cancer. Teams of eight to 15 members gather with tents and sleeping bags to participate in the largest fundraising walk in the nation

Funds raised also support the Society's Patient Navigation Services programs including Reach to Recovery - offering one-on-one support for newly diagnosed breast cancer patients; Road to Recovery - offering rides to and from treatment for cancer patients; and the Guest Room Program - providing low-cost hotel rooms for cancer patients and their families driving more than 60 miles for treatment.

If you've never experienced the American Cancer Society Relay For Life, be sure to join us this year. Form a team, support a team or join a Relay For Life planning committee! Call the American Cancer Society Lake County office at (847)317-0025 for more information.

For cancer information 24-hours a day, seven days a week, call 1-800-ACS-2345 or visit www.cancer.org.

*Beverly Hayes
Vernon Hills*



Photo by Judy R. Lazarus

USO Program Director Rod Stiles, left, accepts gifts from Karen and Matt Stevens, owners of Karen's Espresso Caffe in Grayslake.

USO gifts are good to the last drop

By Judy Lazarus

Great Lakes Bulletin Reporter

The Great Lakes USO recently received a windfall courtesy of the customers, owners, and employees of a Grayslake coffee hut.

Tips and additional donations were collected at Karen's Espresso Caffé, located at the corner of routes 120 and 83.

A total of \$3,000 was collected and owners Karen and Matt Stevens, of Spring Grove, added \$1,000 to that amount. Employees Brittany Paquet and Kendra Seilheimer donated their tips to the cause.

Coffee hut regular LICs Russell Robel suggested contacting the USO. After discussing the matter with the senior chief and other customers, a decision was made to donate useful gifts to the organization.

The Stevens asked the USO to make a

"wish list," and then went shopping at several stores including the Navy Exchange.

A check for \$1,570, the money remaining after the gifts were purchased, was presented to Rod Stiles, USO program director.

"There's nothing like knowing we have the support of the community," said Stiles. "Many of these sailors will be heading overseas. They can enjoy these things before they go."

The Stevens, who have owned Karen's Espresso Caffé for four years, have their own relationship with the military services.

Matt is an Army veteran; Karen's dad was in the Air Force and one of her brothers was in the Army, one in the Air Force and one in the National Guard.

"We had a wonderful time doing this," Karen said. "We enjoyed it immensely. It's so nice giving to the USO. A lot of sailors will be able to use the things we donated."

County health dept. offers reduced rates for water testing

Clean drinking water is something that most of us take for granted, but every year there are instances of contaminated drinking water in Lake County.

The Lake County Health Department/Community Health Center encourages County residents to become more aware of their water resources, especially their drinking water. The Health Department encourages all users of private water wells to take this time to have their drinking water tested to see if it meets drinking water standards for bacteria and nitrates.

"We encourage well owners to have their water tested at least annually," said Dale Galassie, Executive Director of the Health Department. "What better time to do it than during National Groundwater Awareness Week?"

As an incentive, from March 14-25, the normal \$15 analysis fee for drinking water testing will be reduced to \$10 for well owners, though no one will be refused due to an inability to pay.

People can pick up sterile test bottles to be

filled and returned for analysis at specific Health Department offices. Results of water sample analyses are ready for homeowners in approximately three working days. If people are uncomfortable with collecting samples themselves, Health Department staff is available to go out to homes to collect the sample for a \$44 fee, which includes an inspection of the well and the lab analysis. Other tests available are fluoride, hardness, iron and total dissolved solids.

Test bottles are available at the following Lake County Health Department offices:

3010 Grand Ave., Waukegan - 847-377-8020

118 South Main St., Wauconda - 847-984-5000

121 East Grand Ave., Lake Villa - 847-356-6222

For further information on water testing, call the Health Department office closest to you. All offices are open from 7 a.m.-5 p.m., Monday through Friday. You can also visit the National Groundwater Association Web site at: www.ngwa.org/education/aware.html.

How you can vote absentee

Lake County Clerk Willard Helander announced that in-person absentee voting for the April 5, Consolidated Election will soon be available at certain municipal and township offices. Some offices started in-person absentee voting on March 17. Voters should call their township or municipal office for the specific hours for conducting absentee voting.

Absentee voting in Illinois is restricted to those who qualify. Under penalties provided by law, the voter must certify that he or she cannot be at the polling place on Election Day because they:

- Expect to be absent from Lake County on Election Day.
- Are serving Military duty.
- Are temporarily or permanently incapacitated.
- Are students temporarily residing outside the county.
- Will be serving as an Election Judge outside of their home precinct.

- Are employees of Lake County performing official election duties.
- Are law enforcement employees performing election duties.
- Will be observing a religious holiday;
- Will be serving jury duty.
- Are incarcerated pre-trial detainees.

Qualified voters may also vote an absentee ballot by mail. Applications for Absentee Ballot can be requested by e-mailing absentee@co.lake.il.us or on the County Clerk's web site at www.co.lake.il.us/cntyclk by clicking on "Request an Absentee Ballot." Telephone requests can be made by calling the Clerk's office at 847-377-2406.

In-person absentee voting at the County Clerk's office will continue through April 4 during the hours of 8:30 a.m.-5 p.m., Monday through Thursday, and 8:30 a.m.-7:30 p.m. on Fridays. The County Clerk's office is located on the first floor of the County Building at 18 N. County St., Waukegan.

Dead wolf rare find in area

By Steve Peterson

Staff Reporter

The carcass of a male wolf killed after being struck by a vehicle near Chain O' Lakes State Park in the Fox Lake area has been turned over to federal authorities.

"We turned it over to US Fish and Wildlife Service today because it has jurisdiction over it, DNA tests will be done, Semel said.

The eastern timberwolf is listed as a threatened species," said Brad Semel, a biologist with the Illinois Department of Natural Resources.

Semel said that the wolf may have broke free from its pack in Wisconsin during the breeding season. "The Alpha wolf sees any male as a threat. This wolf was a sub-adult

wolf, about one to two years old, and weighed 89 pounds," Semel said.

Sometimes when the wolves break free from a pack, they join with other lone wolves and have their own packs, Semel said.

"They change the type of food that they pursue when they are alone versus when they are in a pack," Semel said. They may go after beaver, small mice or voles if they are alone, he added.

This is only the second wolf recorded in the last 100 years in this part of the state, he said.

The wolf was hit by a vehicle near Chain O' Lake State Park last month.

Semel said that the eastern timberwolf is listed as threatened as well as the western species and the southern species are endangered.

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FASTTRACK

Win in Century 21 Home Run Derby

Century 21 Kreuser & Seiler announced that local consumers can enter the 2005 Century 21 Home Run Derby, All-Star Sweepstakes until May 15 at its office located at 200 N. Milwaukee Avenue, Libertyville and at the company's web site, www.kreuserandseiler.com for a chance to win \$250,000 toward the purchase of a new home.*

Eight sweepstakes finalists and one alternate finalist will be randomly selected from the pool of eligible entries to win a trip to Major League Baseball 2005 All-Star Week, courtesy of Century 21 Real Estate Corporation.

On Monday, July 11, the Century 21 Home Run Derby, Competition held at Comerica Park in Detroit, Mich., will determine which of these eight lucky finalists wins the \$250,000 sweepstakes grand prize.

No-cost educational event

The Federal Government recently passed a law giving all Americans access to a free copy of their credit report from the most common credit reporting companies.

For many folks, seeing the credit report is not quite enough: they need a little help interpreting what the reports means. If you fall in that category, please plan to attend Consumers Cooperative Credit Union's free seminar, "Understanding Credit Reports."

Consumer Cooperative Credit Union will host a seminar on April 6, at the Ramada Inn in Waukegan, with registration beginning at 5:30, program will start an hour later.

To register, call Ilona Castillo at 847-265-5531 or e-mail her at ilonamycconsumers.org.

NEWBUSINESSES

Assumed business names

KNR Remodeling Services, 618 Needlegress Pkwy., Antioch; 100 S. Atkinson Rd., Unit 116 #262, Grayslake, 847-494-1347. Owner: **Robert Hoerning**. Purpose: Home Remodeling Sales and Services.

Hems N' More, 3212 Poplar Dr., Island Lake, 847-487-2766. Owner: **Manuela Bacon**. Purpose: Alterations and Tailoring Services.

Mother Earth, 25970 W. Sunnyside Rd., Antioch, 224-629-0956. Owner: **Janis L. Shawn E. Thomason**. Purpose: Nursery Production: Grower/Distributor of Trees and Shrubs Wholesale and Retail.

DefVinative, 25932 N. Route 83, Mundelein, 847-949-7376. Owner: **Jerry DeFrancisco, Keith Vicent**. Purpose: Mobile Audio Sales and Installation.

Chain-O-Lakes Mobil Mini Mart, 42483 N. Addison Ln., Antioch, 847-838-1867. Owners: **Shawn Demeritt, Kevin Aro**. Purpose: Retail Sales

International Card Processing, 736 N. Western Ave., Apt. 187, Lake Forest, 989-240-0790. Owner: **Stephan Wilson**. Purpose: Credit Card Processing.

A & R Lewis Mechanical, 99 N. Savannah Pkwy., Round Lake, 847-201-1047. Owner: **Carolyn Lewis**. Purpose: Heating and Air Conditioning.

Three Are We Sales, 2395 N. Orchard Ln., Round Lake Beach, 847-265-9091. Owner: **David, Terri Finch**. Purpose: Wholesale/Retail.

Schroeder Counseling Services, 225 Winddance Dr., Lake Villa, 847-265-2658. Owner: **Gregory Schroeder Sr.** Purpose: Counseling and therapy.

Customers eating up idea

By Kyle Schmitt

Staff Reporter

After a friend spurned the idea, Lake County resident Julie Duffy is cooking up a business that will satisfy an international appetite.

While a Grayslake location marks the sole Dinner by Design currently open, the home meal preparation kitchen company will soon expand throughout the U.S. and into Canada. A Gurnee location will soon become the first franchise location, and approximately 3,000 more locations will be created within the next five years, said Duffy, the business' founder and president.

For \$199, families can utilize the Dinner by Design kitchens and assemble 12 entrees and a dessert, which can be placed in a freezer and then cooked quickly. The meals take two hours or less to complete, and feed four to six people. All recipes and ingredients are prepared ahead of time, and company employees serve customers who require help with the process.

Duffy said she's blown away by the interest in her business, as she has relied solely on word of mouth to advertise Dinner by Design. Yet recruiting new franchises has remained easy. "As soon as you come into the kitchen and see the simplicity, it sells itself."

Having seen an existing business model for the concept, Duffy attempted to pitch the idea to a friend, but was rebuffed. Though she possessed no culinary background herself, she "instantly knew that this was something" she wanted to try.

"The idea intrigued me so much, I couldn't believe there was nothing like it in Chicagoland," Duffy said. "It really reaches a niche."

That niche, 35 to 45-year-old women with children, has proved grateful for the opportunity to save hours of cooking per month, and engage in some socializing with their Dinner acquaintances. "You're running in a million



Left—Deann Zoghlin puts together the ingredients to a seafood strata to then take home and freeze to be cooked later at Dinner By Design in Grayslake. Customers can prepare up to 12 meals to freeze during their two-hour session at the innovative facility. Below—With all of their ingredients chopped and ready, customers can prepare up to 12 meals. Other locations are set to open in Gurnee and Lake Zurich.

Photos by Sandy Bressner

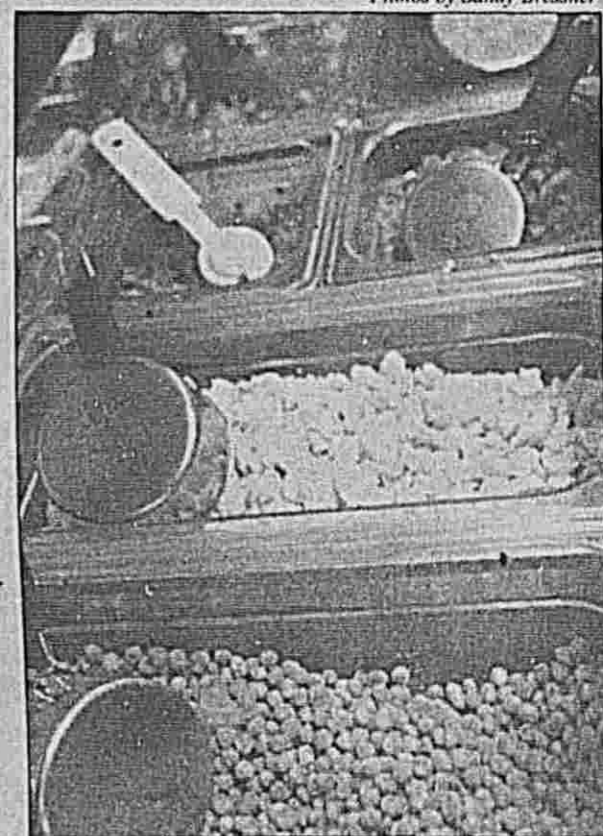
different directions," Duffy said, referring to the time taken in chaffeurung kids to practices and rehearsals. "Really squeezing in that time to do the grocery shopping and prepare the meal is hard to do, and it's hard to stay creative."

Approximately 40 percent of meals are consumed outside the home in America, said national director of franchise sales Robin Perry. He believes that Dinner by Design helps families save money and eat more nutritiously.

Interested parties recently underwent a four-day franchise "kitchen camp" in Grayslake to learn the operations and spend some time in the kitchen. Even after swearing not to do so, Perry's sister recently purchased a St. Charles franchise, he said. "You just can't find somebody who doesn't think this is a good idea."

Dinner by Design locations are scheduled to open in Libertyville, Lake Zurich and Milwaukee within the next several months.

kschmitt@lakelandmedia.com



Hispanic chamber hosts meeting

The Hispanic Chamber of Commerce (HCC) and the Illinois Hispanic Chamber of Commerce (IHCC), will host a meeting for Contractors, and Construction-Related businesses to learn about the Illinois Hispanic Business Development and Training Initiative. The meeting will take place on Tuesday, March 22 from 6-8 p.m. at the Hampton Inn, 5550 Grand Ave. Gurnee. The initiative is a training and capacity-building program designed to assist Hispanic and minority-owned companies in construction and related industries to increase their efficiency and help them to become more competitive.

The Hispanic Chamber of Commerce and the Illinois Hispanic Chamber of Commerce have joined together to provide training and assistance to local Hispanic businesses. The Hispanic Chamber of Commerce, an affiliate of Lake County Chamber of Commerce, has joined with the Illinois Hispanic Chamber of Commerce as part of their commitment to business development in Lake County. "We are pleased to be a part of this initiative and encourage contractors through out Lake County to take advantage of this wonderful opportunity," said Horacio Lopez, member of the Board of Directors of the HCC.

"This is a unique, first-of-its kind program and we are hopeful that minority and Hispanic owned contractors will take full advantage of this service, which will be provided completely free of charge," said Roberto Cornelio, Chief Operating Officer of the Illinois Hispanic Chamber of Commerce. In addition to the training program, IHCC will provide information about various other services and assistance available to Local businesses. The Hispanic Chamber of Commerce will also have information about services and opportunities available through the Lake County Chamber of Commerce. Space is limited to the first 50 participants so those interested in attending the session are asked to call Horacio Lopez at 847-924-4995 to confirm their attendance.

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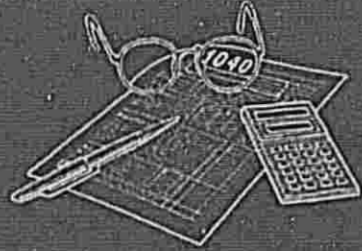
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LOTTERY RESULTS

Source: www.illinoislottery.com



	Mar. 9	Mar. 10	Mar. 11	Mar. 12	Mar. 13	Mar. 14	Mar. 15
Pick 3 Midday	697	462	402	742	N/A	947	463
Pick 3 Nighttime	107	579	271	109	890	231	785
Pick 4 Midday	1788	4631	4071	5562	N/A	5346	2061
Pick 4 Nighttime	6297	9947	2778	4237	3355	9036	2043
Little Lotto	22-29-32-38-39	21-25-26-29-38	04-05-13-15-22	14-18-31-33-35	06-09-14-15-36	12-17-23-27-28	04-08-19-22-25
Lotto	12-14-39-44-47-50	No drawing	No drawing	08-13-15-28-30-32	No drawing	No drawing	No drawing
Mega Millions	No drawing	No drawing	18-19-31-35-36-17	No drawing	No drawing	No drawing	14-26-27-34-44-27

7-DAY WEATHER



Day/Date	FRI • 18	SAT • 19	SUN • 20	MON • 21	TUE • 22	WED • 23	THU • 24
Hi	45	41	42	42	45	45	43
Lo	36	29	27	32	34	34	31
Forecast	Partly Cloudy	Rain	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy
Record High	66 • 1966	65 • 1959	73 • 1976	75 • 1953	68 • 1953	70 • 1963	70 • 1963
Record Low	9 • 1967	5 • 1965	0 • 1965	6 • 1965	12 • 1983	12 • 1960	6 • 1965
Sunrise	5:58 A.M.	5:56 A.M.	5:55 A.M.	5:53 A.M.	5:51 A.M.	5:49 A.M.	5:48 A.M.
Sunset	6:02 P.M.	6:03 P.M.	6:04 P.M.	6:05 P.M.	6:06 P.M.	6:07 P.M.	6:08 P.M.
Moonrise	10:46 A.M.	11:43 A.M.	12:45 P.M.	1:50 P.M.	2:55 P.M.	2:55 P.M.	4:00 P.M.
Moonset	2:23 A.M.	3:10 A.M.	3:50 A.M.	4:22 A.M.	4:48 A.M.	4:48 A.M.	5:11 A.M.

Source: National Weather Service

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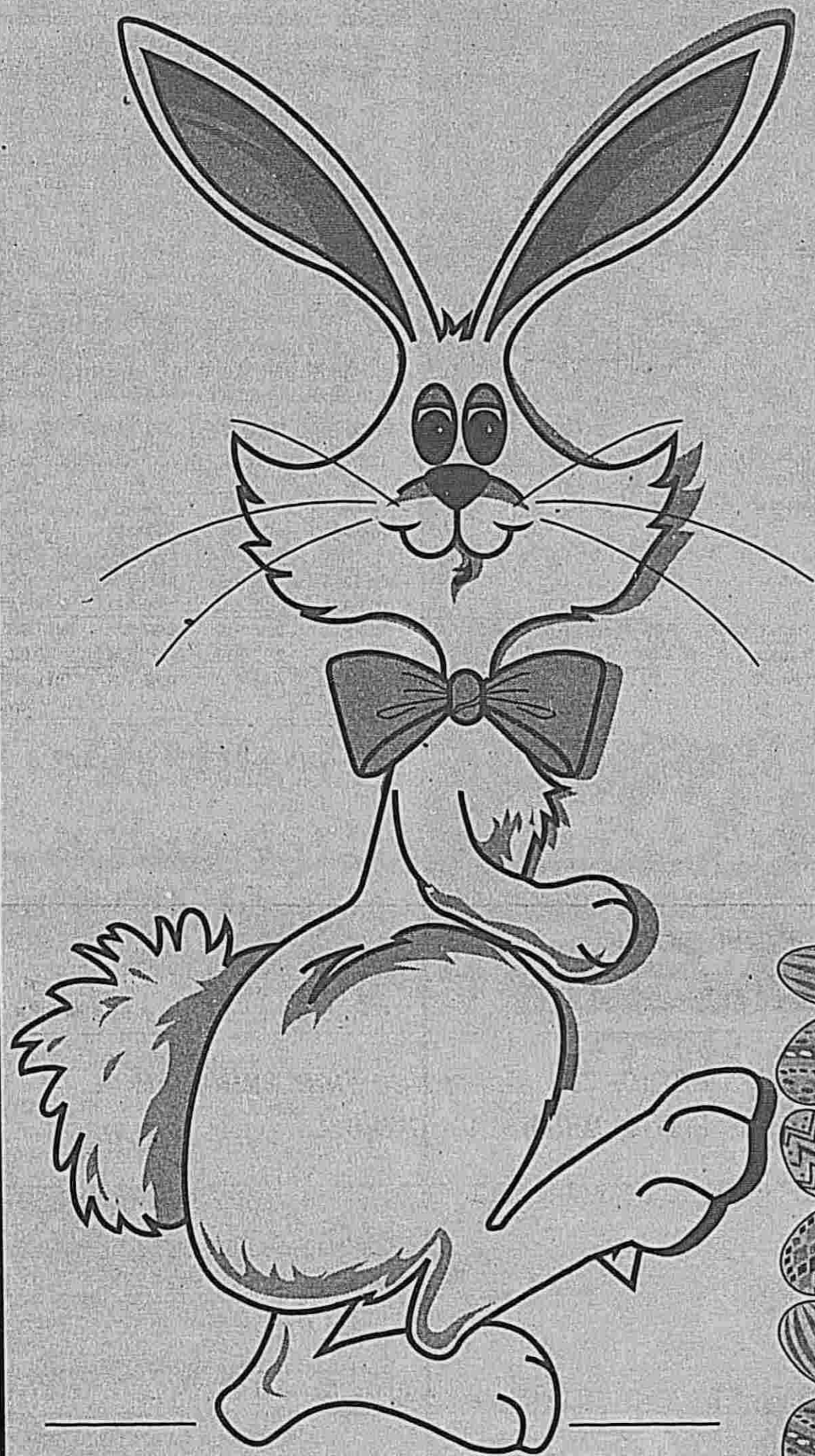
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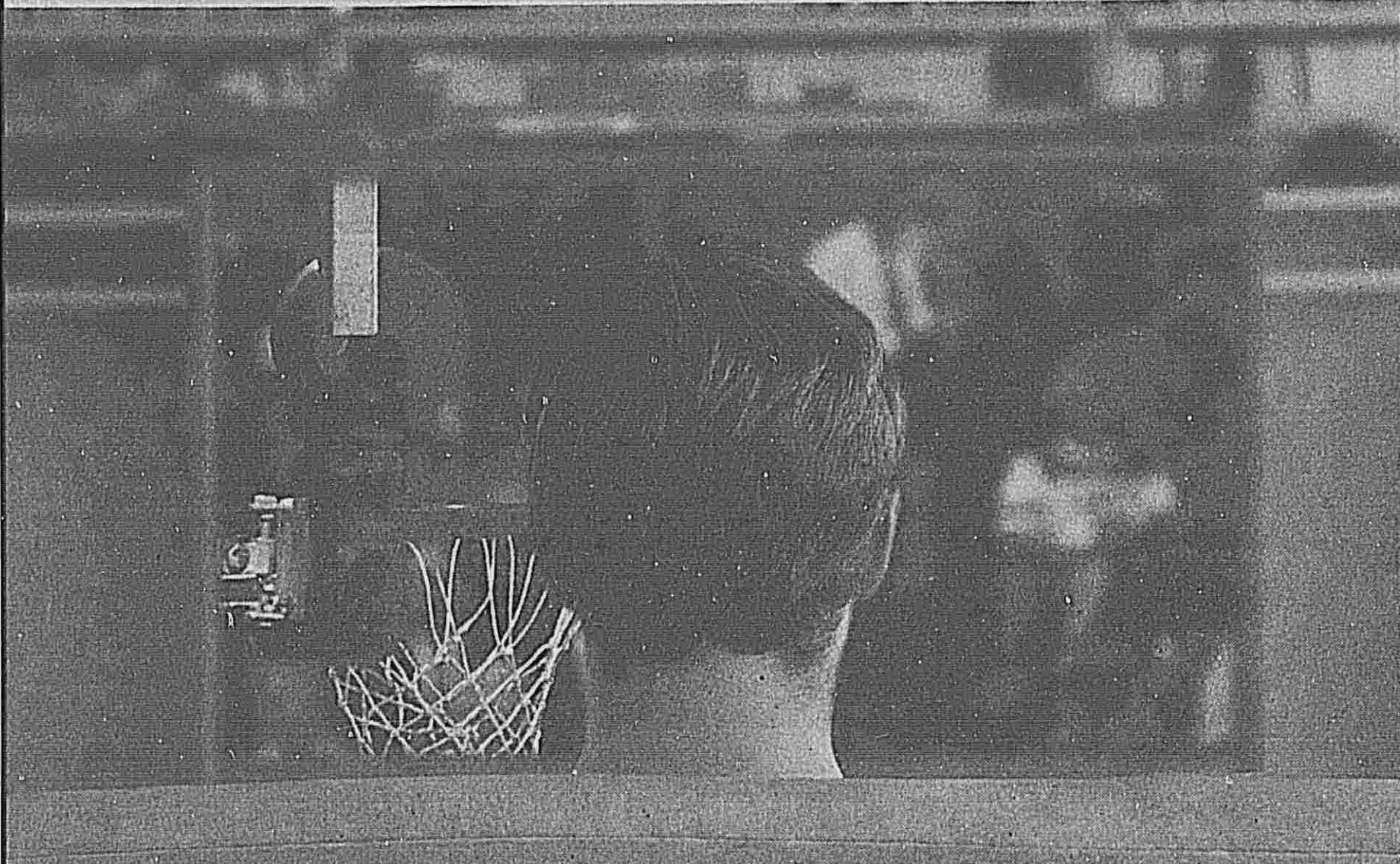
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Churchill to host state rep. summit

In a statewide bi-partisan effort to create a fiscally sound budget, State Rep. Robert Churchill (R-Hainesville) along with many other area state reps will be hosting a budget summit to collect public input regarding the state's enormous budget deficit for the next fiscal year.

The hearing is set for March 23, at the College of Lake County in Grayslake, from 6:30 p.m. to 9:30 p.m. in room C005.

The event will be segmented into two portions. First, a presentation will be given explaining the state budget process and shedding light on various opinions contributing to the overall fiscal status of the state. Second, testimony will be heard from a variety of local and regional organizations and businesses on several topics including:

Impact of Past and Proposed Decisions on Service Providers: how delayed reimbursements and budget cuts have directly impacted the ability to provide services to Illinois residents.

Re-inventing Government: Improving Efficiency and Reducing Costs: suggestions to provide state services more efficiently to units of local government.

Impact of Past and Proposed Decisions on Illinois Business and the Economy: discussion of how newly imposed fees and taxes have directly impacted the ability to conduct business in Illinois.

Remarks and any other materials collected will be presented along with 26 other regional budget summits to aid lawmakers in their effort to craft a balanced budget by the General Assembly's scheduled adjournment date at the end of May. Call 847-231-6262 for information.

Health Dept. recognizes World TB Day

In recognition of World Tuberculosis (TB) Day on March 24, the Lake County Health Department/Community Health Center is encouraging those who are in high-risk groups or provide services to those in high-risk groups to be screened for TB.

"Left untreated, a person with active TB disease can infect on the average of 10 to 15 people every year," said Dale Galassie, the Health Department's Executive Director. He said it's important to get tested for TB, especially if you are at high risk. Although both preventable and curable, each year approximately 8 million people worldwide develop active TB and nearly two million die of the disease.

The Health Department's TB clinic is located at 2415 Dodge Avenue in Waukegan. Operating hours are Monday, Wednesday and Friday from 8 a.m. - 5 p.m. and on Tuesday and Thursday from 8 a.m. - 6:30 p.m. No skin tests are available on Thursdays. Chest X-rays are done by appointment only. For more information about TB services, call 847-377-8700.



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D6



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fits Corsairs

D6



Grant finishes
6th in state

D7



Rams unlucky
at state

D7



Big things ahead
for Cat cheerleaders

D8



Mustangs make
national run

D8



Panthers making
best of it

D9



Cougars' cheer squad
makes meteoric rise

D9



Devils finish
3rd in state

D10



Solid season for
Wauconda cheerleaders

D10



Cheer team offers
more than a uniform

D11

ATHLETES OF THE WEEK



EMANUEL
GAITER
WAUKEGAN

Waukegan star forward Emanuel Gaiter continued his hot postseason play in the Lake Zurich Sectional last Friday. Gaiter poured in a team-high 26 points, helping the Bulldogs upset the No. 2 seeded Bears for their second straight sectional title. In Tuesday night's Super-Sectional against Glenbrook North, Gaiter had 15 points, 5 rebounds, 4 assists and 3 steals in a 70-58 loss to the Spartans.



LARON
FRAZIER
WAUKEGAN

After deferring to teammate Emanuel Gaiter throughout much of the postseason, Waukegan senior guard Laron Frazier made his presence known in a pair of games last week. He scored a team-high 26 points in Friday's sectional final win over Lake Zurich then added a team-high 18 points, to go along with 4 assists and 4 steals in the Bulldogs' Super-Sectional loss to Glenbrook North Tuesday night.



Bulldogs collared

Waukegan falls in Super-Sectional for 2nd straight year

By Nicholas Alajakis

Sports Reporter

With 43 seconds remaining in their super sectional matchup against Waukegan, Glenbrook North's Jon Scheyer went up for a dunk and slipped. The ball rolled off the rim and hit the ground.

Unfortunately for the Bulldogs, that was one of Scheyer's few glitches, as the superstar junior scored a career-high 48 points in a closer-than-the-score-indicates 70-58 win over Waukegan. The loss ends Waukegan's season one step away from the state tournament for the second straight year.

"What can you say?" Waukegan coach Brian Colbert said about Scheyer's play. "When a good offensive player gets into their rhythm, it becomes their night. Stars shine in big games."

Scheyer, a first team all-state selection, had 48 points, including eight three-pointers, to go along with three steals and three blocks.

And while the story after the game was about Scheyer's monster performance, it was far from a one-sided contest.

Before a crowd of nearly 6,000 at Loyola's Gentile Center, Waukegan came out strong and set the tone early. The Bulldogs had their best shooting performance, hitting 9 of 16 shots to go ahead 20-15. The second quarter looked to be going the same for the Bulldogs as well.

Three minutes into the second period Carlos Martin (9 points) hit his third three-pointer of the game to put his team up 30-22. A minute later Emanuel Gaiter (15 points) would make it 32-22. The push mirrored big runs the Bulldogs had against Deerfield, Stevenson, Warren and Lake Zurich in earlier tournament games.

In each of the previous games, Waukegan had used a run of at least 9-0 to put the opposition away. They would not be as fortunate this time around.

Scheyer scored 12 of his team's next 14 points to give the Spartans a slight 36-34 lead at the half.

"It got to a certain point in

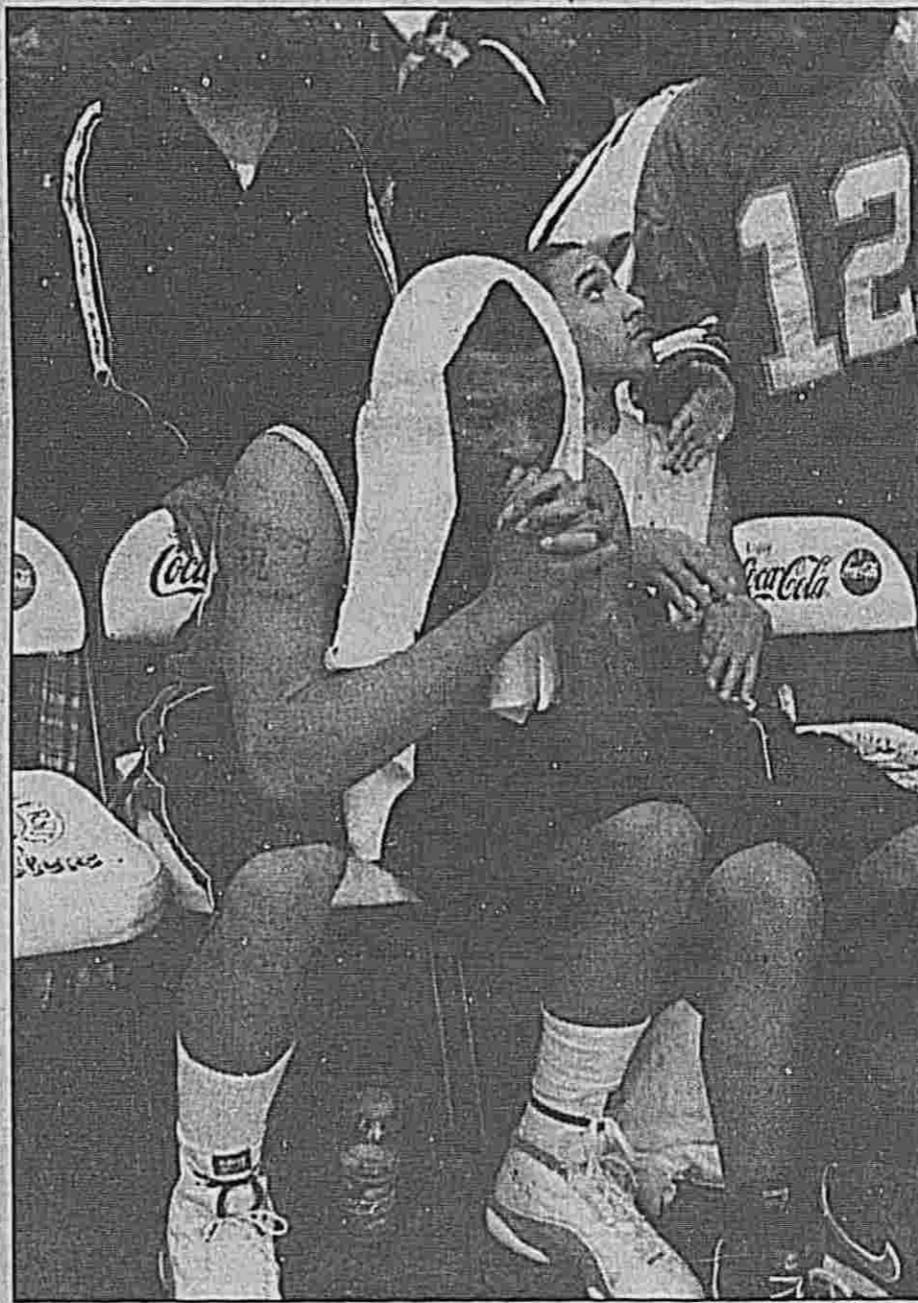


Photo by Sandy Bressner

Waukegan High School's Dexter Landry takes a moment to himself on the bench in the final seconds of the Bulldogs' 70-58 Super-sectional loss to Glenbrook North at Loyola University's Gentile Center in Chicago.

'They've done things that haven't been done in 30 years. They are the foundation of what Waukegan basketball is. And they put Waukegan basketball back on the map.'

Brian Colbert
Waukegan boys'
basketball coach

the game when my competitiveness kind of took over," Scheyer said. "Waukegan came out and took it to us right away. And I was getting (angry) there because they were just taking it

to us and we weren't doing anything."

The comeback was helped by Waukegan's four fouls and three turnovers in the quarter's final four minutes.

"I thought the beginning of game was at our pace," said guard Laron Frazier, who ended with a team-high 18 points and four steals. "We went up and then foul trouble got us out of rhythm...They go their rhythm."

The 34 first-half points set Waukegan up to match its point total from the sectional final, where they defeated Lake Zurich 82-68 just four nights earlier. On the same night Glenbrook North beat Conant by a slim 37-36 margin.

ON THE SIDELINES

Dan Patrick • Sports Reporter

I bet I could throw a football over them mountains...

Well, good news for all of you Cheeseheads out there, future Hall of Famer Brett Favre will be back for yet another season on the gridiron. As a life-long Bears fan, Favre stands as my mortal enemy, yet I have respect for the crotchety old man.

After 14 years in the National Football League, I cannot imagine the shape you need to keep yourself in game form, especially in the best league in the world, and to be a star in that league.

That said, I believe Favre is the living example of every former high school athlete's dreams, and certainly not because of the millions of dollars he's racked up as one of the game's best. Rather, it's simply because he's 35 and he's still suiting up.

Every high school varsity contest that you will ever attend, regardless of the sport, you will find old-timers, jumping and weaving in the stands as if they're right there on the playing field. Every one of us has some Uncle Bob or Grandpa Joe, vicariously living through his high school war stories about the time he dropped 30 points on the evil cross-town rival or caught four touchdowns like Al Bundy in the city championship.

Hey, there's nothing wrong with it, every person who was ever involved in athletics and left it behind has, at one time or another, whipped out the epic sports fable to the distress of those immediately around them. Heck, I'm five lousy years removed from the last time I suited up, yet I find myself reminiscing at every last game I attend (and to reference how much that is, it's my job to attend high school games).

There's just something magical about the high school varsity stage that transports all of us former athletes back to the time when the only bill you had to pay was lunch money, the biggest responsibility was a four-page paper and the only thing standing between you and the love of your life was third period.

Please see **SIDELINES / D12**
dpatrik@lakelandmedia.com

Please see **BULLDOGS / D12**

SUPER 17

Lakeland Newspapers Sports Editor
Rob Backus's rankings of area high school teams

BASKETBALL

- | | |
|------------------|------------------|
| 1. Warren | 10. Grant |
| 2. Lake Zurich | 11. Libertyville |
| 3. Waukegan | 12. Wauconda |
| 4. Johnsburg | 13. Antioch |
| 5. Zion-Benton | 14. Vernon Hills |
| 6. Grayslake | 15. Round Lake |
| 7. Stevenson | 16. Mundelein |
| 8. Lake Forest | 17. Carmel |
| 9. North Chicago | |

BOYS

BASKETBALL

- | | |
|----------------|-------------------|
| 1. Warren | 10. Libertyville |
| 2. Carmel | 11. Antioch |
| 3. Lake Forest | 12. Wauconda |
| 4. Mundelein | 13. Grayslake |
| 5. Johnsburg | 14. Vernon Hills |
| 6. Zion-Benton | 15. Waukegan |
| 7. Grant | 16. North Chicago |
| 8. Lake Zurich | 17. Round Lake |
| 9. Stevenson | |

GIRLS

WRESTLING

- | | |
|-----------------|-------------------|
| 1. Libertyville | 10. Mundelein |
| 2. Grant | 11. Vernon Hills |
| 3. Warren | 12. Round Lake |
| 4. Carmel | 13. Lake Zurich |
| 5. Stevenson | 14. Johnsburg |
| 6. Grayslake | 15. Antioch |
| 7. Wauconda | 16. North Chicago |
| 8. Waukegan | 17. Zion-Benton |
| 9. Lake Forest | |

BOYS

After five months and hundreds of games, the boys basketball season comes to a close. Hard work and effort got some players and teams far, but a select group gave a little extra to rise to the top. Lakeland Newspapers salutes this year's players who played...

ABOVE THE RIM

By Nicholas Alajakis
Sports Reporter

His numbers speak for themselves. Nearly 22 points a game. Nine rebounds a game. One regional championship. One sectional championship.

But to understand what Waukegan forward **Emanuel Gaiter** has done for his team this year you have to look beyond the statistics. You have to look into his heart. There you'll find a competitive fire that has elevated himself and his team into one of the most feared sights on high school basketball courts in Lake County.

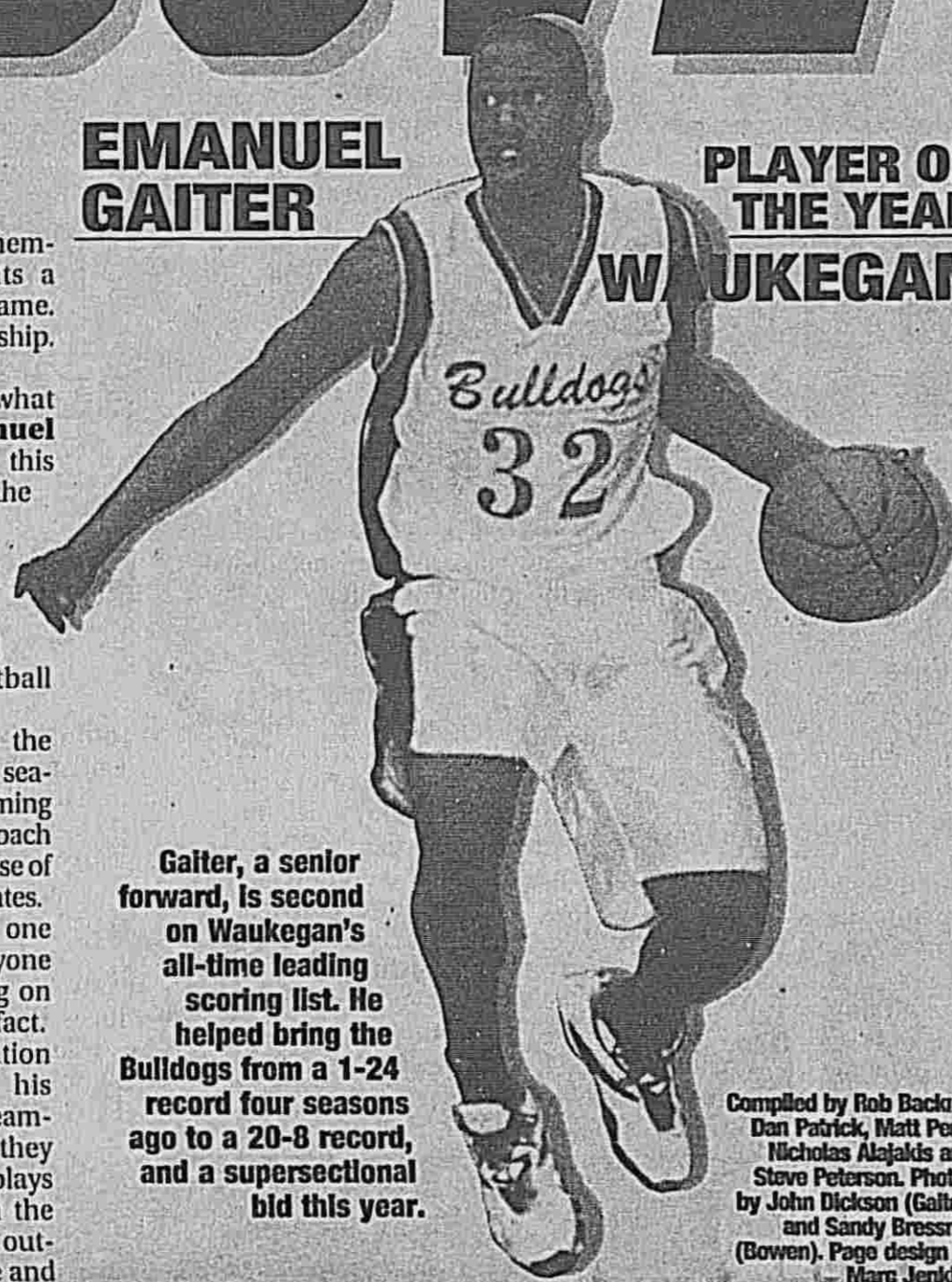
With Gaiter in control, the Bulldogs didn't lose too often this season. The wins weren't only coming because of his numbers, said his coach **Brian Colbert**. They came because of what he was able to do to teammates.

Colbert describes Gaiter as one of those players that makes everyone around him better just by being on the court. It's hard to argue that fact.

Aside from taking the attention of the defenders away from his teammates, he can also get his teammates the rebounds and assists they need to be successful. He also plays suffocating defense. And when the ball is in his hand, he can shoot outside, take it inside, pass, dribble and

EMANUEL GAITER

PLAYER OF THE YEAR WAUKEGAN



Gaiter, a senior forward, is second on Waukegan's all-time leading scoring list. He helped bring the Bulldogs from a 1-24 record four seasons ago to a 20-8 record, and a supersectional bid this year.

Compiled by Rob Backus, Dan Patrick, Matt Pera, Nicholas Alajakis and Steve Peterson. Photos by John Dickson (Gaiter) and Sandy Bressner (Bowen). Page design by Marc Jenkins

just plain dominate unlike any player in the area.

Few people in the area can stop him when he gets going inside, Gaiter said earlier this season. He backed his words in the sectional final against Lake Zurich when he weaved his way to the basket time and time again, as the Bulldogs won 82-68. And just for good measure he hit two three-pointers in that game as well.

Since joining the varsity as a freshman, Gaiter has led his team from a 1-24 record to being the top team in Lake County two years running. At season end he will have led his team to three regional championships, two sectional championships.

Gaiter has been named all-conference three times and has been an all-county selection twice. And he's behind only teammate, **Laron Frazier**, as the all-time leading scorer in Waukegan history.

Yet with all the success, Colbert feels Gaiter is not given enough respect. Gaiter was recently named an Associated Press all-state honorable mention. He should have been on the first or second or at worst, the third team, Colbert maintains.

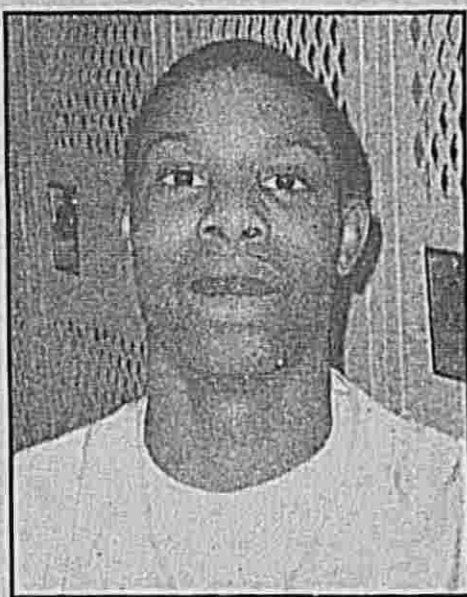
"You're not going to get too many Emanuel Gaiters," Colbert said. "He has that special ability to come up with what's necessary. You can't say enough about what he's done for Waukegan basketball."

SUPER 17

Lakeland Newspapers Sports Editor Rob Backus's final rankings of area teams

1. Waukegan
2. Lake Zurich
3. Warren
4. Zion-Benton
5. Johnsburg
6. Grayslake
7. Stevenson
8. North Chicago
9. Lake Forest
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11. Libertyville
12. Wauconda
13. Antioch
14. Vernon Hills
15. Round Lake
16. Mundelein
17. Carmel

ALL-LAKELAND FIRST TEAM



JORDAN DALTON, G
WARREN

While he's certainly the shortest member of Warren's boys hoops team by a fair margin, no one has grown up more in the past year than junior **Jordan Dalton**.

"He's one of the most improved members of the team," Warren coach **Chuck Ramsey** said. "His decision making this year is vastly improved."

His ball handling and passing skills are already becoming the stuff of legend at Warren.

At least once per game, Dalton breaks off a crossover move or a no-look pass right out of an AND1 mix tape, causing the crowd to shout "Ohhh" in amazement.

"He just has outstanding ball handling skills," Ramsey said. "And his assist-to-turnover ratio is 3-to-1, which is very good."

In all, Dalton averaged 5 assists, 2 steals and 4.5 points per game for the Blue Devils this season.

Dalton also shot a team-high 44 percent from three-point territory.



BRIAN CENTELLA, F
GRAYSLAKE

After senior forward Doug Hanson went down with an ankle injury to start the season, Grayslake senior **Brian Centella** knew he would have to shoulder an even bigger load than was expected. He did.

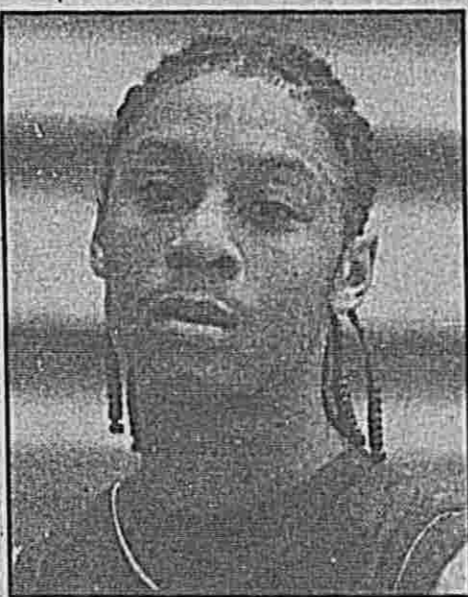
Centella led Grayslake with 18.5 points per game, including two 30-point efforts.

He also averaged 3.6 rebounds, 2.1 assists and 2 steals per game for the Rams, which won 20-plus games this season for the first time in school history.

"He's a good leader," Grayslake coach **Tim Bowen** said. "He's fun to watch and fun to coach. His work ethic is incredible and he takes pride in his defense."

It was quite a jump in productivity for Centella, who came into the season averaging around 10 points per game in his two-year varsity career.

"He's grown up so much over three years," Bowen said. "At first he didn't have a whole clue of what it takes to be a complete player, but now he's become one."



LARON FRAZIER, G
WAUKEGAN

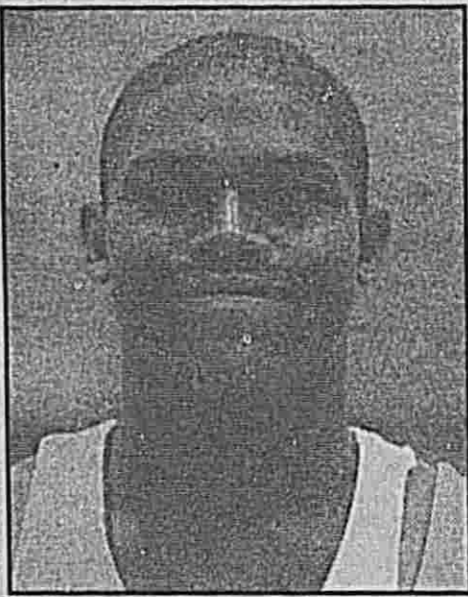
Waukegan basketball coach **Brian Colbert** said he credits two players for the recent turnaround of the Bulldog basketball program.

The first - all-state candidate forward **Emanuel Gaiter** - is an obvious pick. But guard **Laron Frazier** is just as instrumental, Colbert said.

A varsity starter since his freshman season, when he was only 5-6, Frazier, now 6-1, has used quickness and deadly shooting to make him one of the top players around as well. And he's not without his share of accomplishments either.

"He may be overlooked by other people, but he's not overlooked by me. He brings a lot of leadership to the team," Colbert said. "He is one of the best players in the conference."

Frazier led the Bulldogs in scoring with 22 points per game, showcasing both inside and outside scoring skills. He also became the leading scorer in school history earlier this season. And was named all-conference in the CSL.



MARCUS LEWIS, F
WARREN

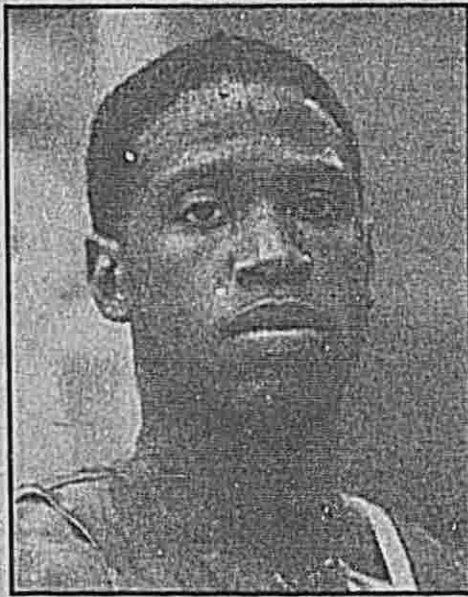
After exploding onto the scene with an outstanding postseason performance as a sophomore, Warren junior forward **Marcus Lewis** continued his rapid ascension as one of the best players in Lake County in 2005.

Lewis led the Devils with 15 points per game, shooting 51 percent from the field and 35 percent from behind the arc. He also finished second on the team in steals with over 2 per game, and third in rebounds with 4.5 per game, earning All-North Suburban Conference honors in the process.

His biggest performance came Jan. 21 against Mundelein, where Lewis poured in 41 points, on 17 of 23 shooting, and grabbed 12 rebounds in just 21 minutes.

"Marcus moves really well without the ball, plus he can pound the ball inside when he needs to," Warren coach **Chuck Ramsey** said.

Lewis was also an All-Lakeland first team football selection as a tight end last fall.



EMANUEL GAITER, F
WAUKEGAN

When you have a player like **Emanuel Gaiter** on your team, you appreciate him. You appreciate him because he is averaging more than 20 points and nine rebounds a game. Because he is one of the area's toughest inside players. Because he has more than 1,400 career points, second in Waukegan history only to teammate **Laron Frazier**.

But most importantly, you appreciate him because he was the team's most important factor in repeating last year's sectional success.

Gaiter finished second on the team in scoring, behind Frazier, averaging over 21 points per game. He also leads the Bulldogs with 9 boards per contest.

Although he was key during the regular season, Gaiter really turned it up in the postseason. Using a lethal mid-range jumper to go along with his inside game, Gaiter has averaged over 20 points per game in the playoffs as Waukegan won its second straight sectional title.

SPECIAL AWARDS

BEST SIXTH MAN



CARLOS MARTIN
WAUKEGAN

Although Waukegan's boys hoops team is normally dominated by its starting five, that's not to say the Bulldogs' bench hasn't played a key role this season.

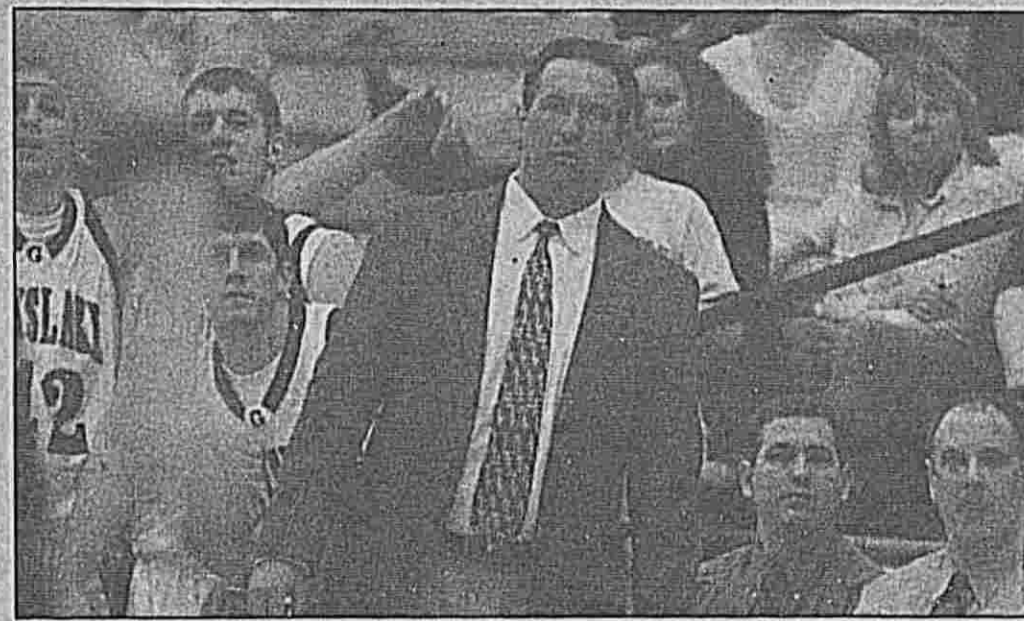
And perhaps no one has played a bigger role off Waukegan's bench than senior guard **Carlos Martin**. With stars **Emanuel Galter** and **Laron Frazier** pouring in points from both inside and outside, Martin's role is to come in and provide some lethal shooting from behind the three-point arc.

Martin said that last season he spent nearly all of his time honing his skills from beyond the arc.

"Last year I wasn't getting playing time (on the varsity team)," he said. "I just practiced and kept working hard."

That hard work has earned him more minutes for the sectional champion Bulldogs.

COACH OF THE YEAR



TIM BOWEN
GRAYSLAKE

Coming in from a powerhouse Warren basketball program five years ago, much was expected from Grayslake coach **Tim Bowen** when he took over. Unfortunately, the wins were slow in coming as Bowen tried to bring a new system to the school.

In Bowen's first four seasons at the helm, he had win totals of one, 10, 10 and nine as Grayslake continually struggled to turn the corner as a program.

But something was different this season. Even Bowen sensed it, saying before the season: "We're poised to have the best season since I've been here."

He was close to being right, but not quite. Grayslake not only had its best season under Bowen, but the best in school history as the Rams finished 20-8 before losing in

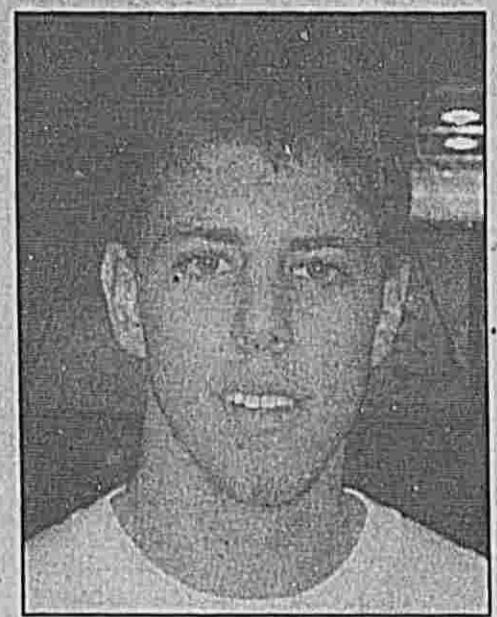
the regional final to a high-powered Lake Zurich team. Grayslake also finished in second place in the tough Fox Valley Conference and won the consolation title at the State Farm Holiday Classic earlier this season.

Despite an early injury to forward **Doug Hanson**, who led the team in scoring last season, the Rams managed to overcome a slow start, winning 10 in a row down the stretch before their postseason loss.

Bowen employed a fluid motion offense, led by big scorer **Brian Centella**, and a smothering defense keyed by **Centella**, **Ellas Washington** and **Travis Guy**.

Despite the loss of several key players to graduation, Bowen has the program in a good position for another good season next year and beyond.

ROOKIE OF THE YEAR



SEAN HERTZ
ANTIOCH

Much like Chicago Bulls' Rookie of the Year candidate **Ben Gordon**, Antioch sophomore forward **Sean Hertz** was often the go-to guy in the fourth quarter for the Sequoits.

"He's just so explosive," Antioch coach **Tom Duffy** said. "He's had several double-digit fourth quarters for us this year. We just have to tell him to step up and he does."

Hertz is one of the rare players who can beat you offensively in so many different ways, whether with the drive or the three-point shot, as evidenced by his 12 points per game average.

"Guys can't play him one way or another," Duffy said. "He can get to the basket and hit threes. He's a threat from inside or outside."

Unfortunately for Antioch, Hertz and teammate **Chuck Kempf** will be lost to Lakes High next season.

SECOND TEAM



MATT HOGAN
G
LIBERTYVILLE



HAWK HAIDUKE
G
WAUCONDA

While these players weren't quite good enough to make the first team, combined they would undoubtedly compete with some of the best teams in Illinois.

At guard are Libertyville junior **Matt Hogan** and Wauconda senior **Hawk Haiduke**. Hogan averaged 15 points, 6 assists and 3 rebounds per game for the Cats and Haiduke finished with a team-high 17 points per



ERIC LOSTROSCIO
F
GRANT

game, including 43-percent shooting from the three-point line. Haiduke also led his team with 2 steals per game.

At forward are Grayslake junior **Ellas Washington**, Round Lake junior **John Paulsen** and Grant senior **Eric Lostroscio**.

Washington averaged 11.3 points and 4.3 boards, Paulsen had 14.7 points and 11.2 rebounds and Lostroscio led Grant with 17.6 points per game.



JOHN PAULSEN
F
ROUND LAKE



ELIAS WASHINGTON
F
GRAYSLAKE

THIRD TEAM

Lakeland's 3rd team All-Area is led by some slick-shooting players. First up are the guards, represented by Libertyville senior **Anthony Jennings**, Grant junior **Matt Behm** and Mundelein senior **Jake Gaebler**.

Jennings averaged double-figure scoring for the Cats, leading the team in three-point shooting and taking over down the stretch in several games.

Behm provided a good scoring complement to teammate **Eric Lostroscio**, averaging 14.7 points per game. Gaebler overcame a mid-season injury to lead the Mustangs with 19.6 points per game and 41 three-pointers.

At forward is a pair of versatile players in junior **Marvin Bemby** and sophomore **Sean Hertz**.

Bemby finished second on his team with 12.3 points per game, also tallying 4.3 rebounds and 2 steals per game for the Devils. Hertz finished with a 12-point per game average.



ANTHONY JENNINGS
G
LIBERTYVILLE



MATT BEHM
G
GRANT



JAKE GAEBLER
F
MUNDELEIN



MARVIN BEMBY
F
WARREN



SEAN HERTZ
F
ANTIOCH

HONORABLE MENTION

ANTIOCH SEQUOITS

G Chandler Kent, Jr. • F Chuck Kempf, So.

CARMEL CORSAIRS

G Scott Passolt, Sr. • G Sean Kane, So.

GRANT BULLDOGS

G Mike Mauch, Sr. • G Greg Sheil, Sr.

GRAYSLAKE RAMS

F Travis Guy, Jr. • G Andy Crouch, Sr. • F Rob Vaughan, Sr.

LIBERTYVILLE WILDCATS

F Kyle Johnson, Sr. • F Kyle Engstrom, Jr.

MUNDELEIN MUSTANGS

G Brian Wilhelm, Sr. • F Ian Sanchez, Jr.

ROUND LAKE PANTHERS

G Toby Arteaga, Sr. • G Brian Mendralla, Jr.

VERNON HILLS COUGARS

G Casey Fijalkowski, So. • C Bob Coy, Jr.

WARREN BLUE DEVILS

G Ceola Clark, So. • F Mitchell Moore, Jr. • G Logan Derrick, So.

WAUCONDA BULLDOGS

G Jim Schwarz, Sr. • F Jay Grooms, Jr.

WAUKEGAN BULLDOGS

G Carlos Martin, Sr. • F Dexter Landry, Sr. • G Ben Vega, Jr.

Girls basketball players leave their best efforts on the court every game. There are some who take it to the next level and bring the best out of themselves—and in turn—their teams. Lakeland Newspapers tips its hat to this year's...

SHOOTING STARS

By Dan Patrick
Sports Reporter

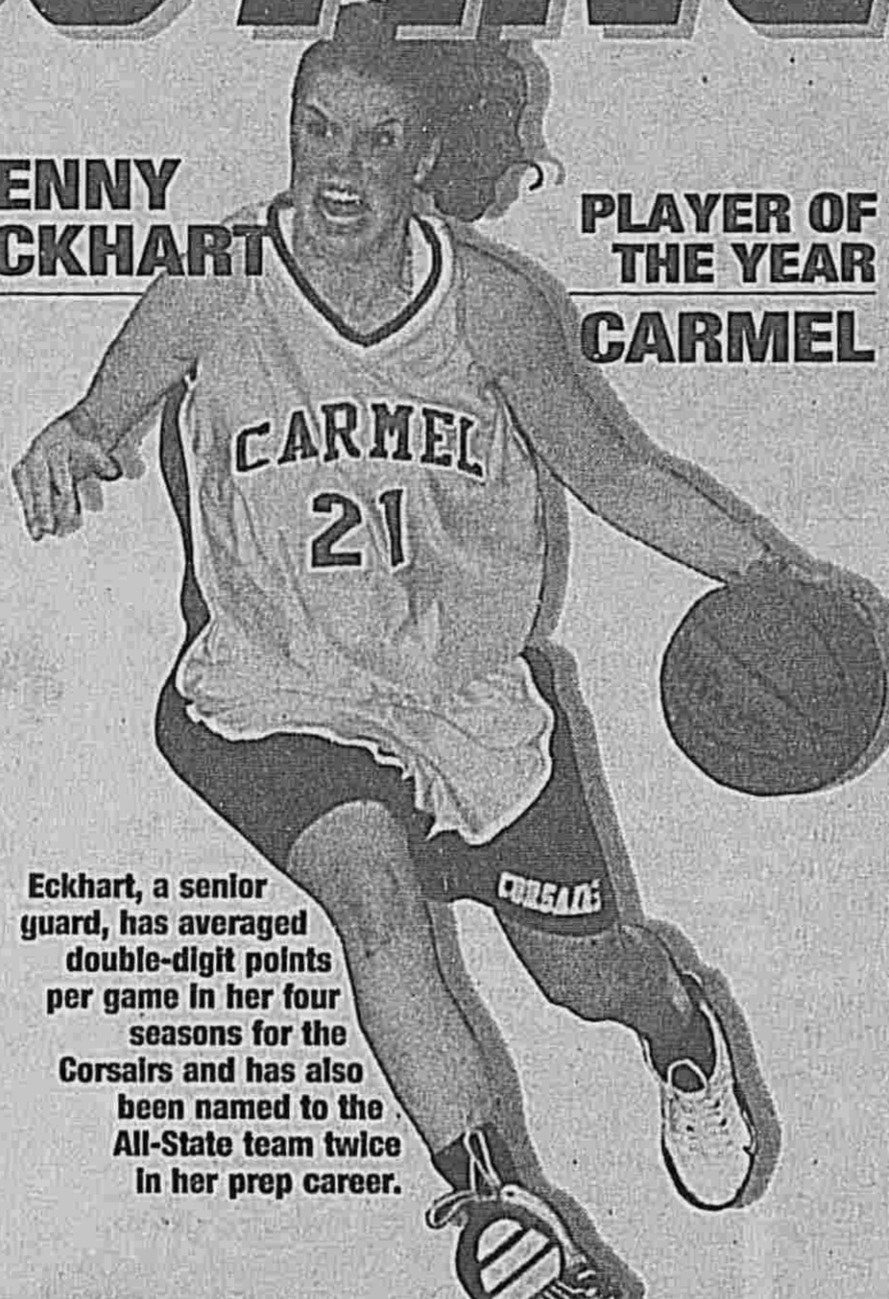
For four years, one player has been synonymous with the Carmel Corsairs girls basketball team. And largely due to the leadership of this player, the Carmel Corsairs have been synonymous with success. And that player is **Jenny Eckhart**.

Over the course of her senior season, Eckhart averaged 16 points per game and has subsequently been named to the Illinois all-state Class AA girls basketball second team. With Eckhart's help, Carmel finished the season with a 26-6 record and made it to the Lake Zurich sectional final. Carmel coach **John Ryan** attributed the astronomical success of the Corsairs squad to Eckhart and her hard-nosed style of play.

"We did great, in a lot of ways, the last two years, the last year we had the best record ever at 27-4, we went 26-6 this year and it was the furthest the girls team has ever gone in the state tournament, it was an outstanding season," Ryan said. "Jenny was a big part of that. She was our main offensive threat, she was great on defense, she did everything you could ask of her."

Eckhart's rise to greatness certainly wasn't a slow one as the 5-foot-7-inch guard has never averaged less than 10 points per game. During her freshman season, Eckhart averaged 10.4 points, four

JENNY ECKHART
PLAYER OF THE YEAR
CARMEL



Eckhart, a senior guard, has averaged double-digit points per game in her four seasons for the Corsairs and has also been named to the All-State team twice in her prep career.

Compiled by Rob Backus, Dan Patrick, Matt Pera, Nicholas Alajalds and Steve Peterson. Photos by John Dickson (Eckhart) and Sandy Bressner (Stanczykiewicz). Page design by Marc Jenkins

assists and four steals per contest. As a sophomore, she had her best offensive season as she led the team with 18.1 points per game and was subsequently named as the team's Most Valuable Player. As a junior, she averaged 15 points, six assists and five steals per game while helping the Corsairs to a 27-4 record.

"She's just an all-around star for us, and she has been throughout her career," Ryan said. "She can be a perimeter player who can handle the ball, she can score, she can do everything. She's a great defender who can shut down anyone."

Her performance as a junior earned her a spot on the second-team all-state squad by the Illinois Basketball Coaches Association. While her career at Carmel has come to a close, Eckhart's basketball career certainly has not as she caught the eye of the Syracuse Orange. Eckhart was so impressive, she was the very first player to sign with the Syracuse program.

As for her prep career, Ryan said replacing the star is going to be one of the toughest tasks of his career as a varsity basketball coach. Ryan also went so far as to say Eckhart was easily one of the best players he has ever coached.

"I think we're going to be alright in the long run, but now we don't have a Jenny, we don't have that star who can change the course of a game," Ryan said. "She has been an integral part of our team ... she is going to be tough to replace."

SUPER 17

Lakeland Newspapers Sports Editor Rob Backus's final rankings of area teams

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ALL-LAKELAND FIRST TEAM



JENNY ECKHART, G
CARMEL

In Carmel's season opener, senior guard **Jenny Eckhart** passed former teammate **Caitlin Krombach's** school-record scoring total. And that was just the first event in a memorable season for Eckhart.

She averaged 16.4 points per game this season, leading Carmel to the sectional finals. She finished with 1,838 points in her career. She also averaged 5 assists per game and nailed 45 three-pointers.

"She's one of the best players I've ever coached," coach **John Ryan** said. "She could average 27 points per game if she was selfish, but she likes to make everyone better."

The senior also blossomed into a leader for the Corsairs.

"We have great team chemistry and it's because of her," Ryan said. "She doesn't act like a superstar, she just wants to get treated like everyone else."

Eckhart, who was a finalist for Illinois' Ms. Basketball title, will head to Div. I Syracuse University this fall.



T.K. LaFLEUR, G
WARREN

After ending her junior season prematurely with a torn meniscus, Warren guard **T.K. LaFleur** rigorously rehabbed her knee, with the intention of leading the Devils to a memorable season. It's safe to say her mission was accomplished.

LaFleur led Warren with 14 points per game, and also led the team in steals and assists, being named a McDonald's All-American and a finalist for Illinois' Ms. Basketball in the process as Warren reached the Elite Eight.

"She's a slasher and a driver," Warren coach **John Stanczykiewicz** said. "She thrives in the open court. She has a good pull-up jumper and she's more of a 3-point threat this year."

But it's her defense that's even more impressive, according to Stanczykiewicz.

"She's deceptive defensively," he said. "She has quick hands and long arms."

LaFleur is headed to the University of Nebraska this fall.



BETH ROSENDAHL, F
MUNDELEIN

One of two 1,000-point career scorers on this year's Mundelein team, along with **Sarah Miller**, senior forward **Beth Rosendahl** was an integral part of the Mustangs' squad, which tied a school-record with 22 wins as Mundelein captured its third regional title in four seasons.

Rosendahl averaged 12 points per game for the Mustangs, as part of the lethal trio that included Miller and senior forward Ashley Cretacci.

"We're going to be graduating a lot of points and that will be tough to replace," Mundelein coach **Brian Evans** said of the trio. "When you graduate seniors who score for you, it is always tough to fill those gaps. I don't think you replace those kinds of kids. We'll have a young team next season and hopefully they can learn from the example that these seniors set."



DANIELLE EILER, F
GRANT

Grant High's 2004-05 girls basketball team will be one for the record books and senior forward **Danielle Eiler** was a big part of it.

Eiler averaged a team-high 12.2 points per game, helping the Bulldogs to a school-record 22 wins.

Her competitiveness showed during some key moments in a 36-29 win over Zion-Benton that won the Bulldogs the Prairie Division crown. Her overall play this year was rewarded when she was named to the All-North Suburban Conference team.

"Danielle had a great game. Defensively, she is a hustler and just likes to compete. Her leadership is always there," Grant coach **Tom Oeffling** said.

The determined Eiler is also a volleyball and track standout at Grant, playing for a regional-winning volleyball team this fall.

She may participate in track next year in college.



SARAH BOOTHE, C
WARREN

It's been said that you can't teach height, but Warren freshman **Sarah Boothe** brings much more than her solid 6-4 frame to the table.

Bringing strength, coordination and undeniable skills in the post, Boothe creates instant match-up problem for virtually every team, as she averaged 10.5 points and 5 rebounds for the Devils, who reached the Elite Eight.

"She has good hands, good balance and she runs the floor well," Warren coach **John Stanczykiewicz** said. "She understands what to do in the post, and she's able to pass out of a double team really well."

Forget about double teams. After flourishing in the post to start the season, coaches now regularly triple-team Boothe, which is unheard of for a freshman.

"Teams have to game plan just how to guard her," Stanczykiewicz said. "It's hard to believe she's just 14."

SPECIAL AWARDS

BEST SIXTH MAN



STACY LEACH
WARREN

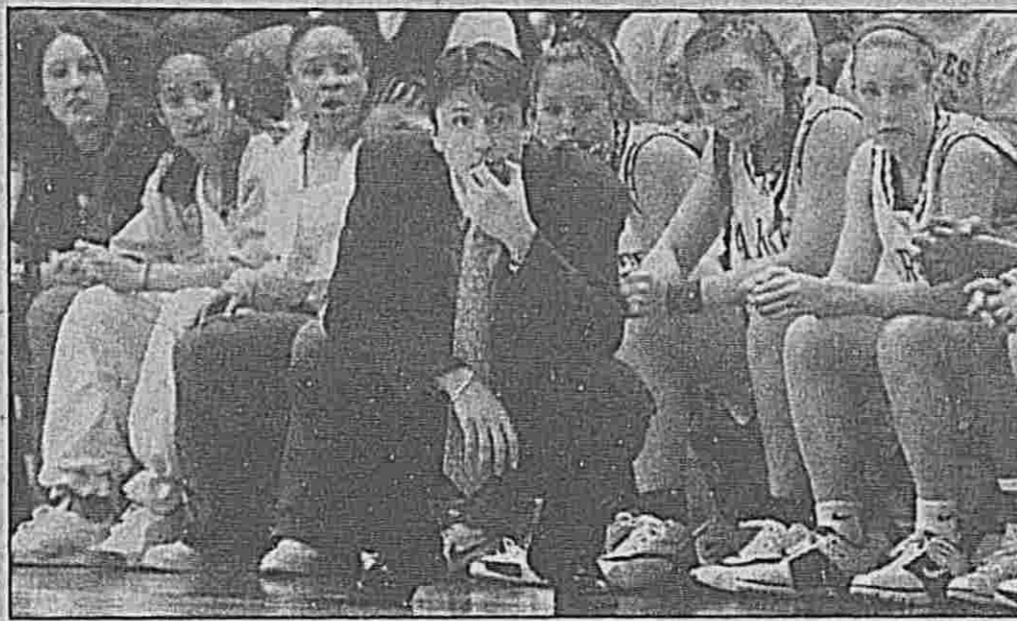
Warren's girls hoops team has plenty of headline grabbers. But throughout the team's entire season, one player is consistently overlooked, according to head coach **John Stanczykiewicz**—sophomore guard **Stacy Leach**.

"Stacy has really been the forgotten player on this team," Stanczykiewicz said. "She's like the Rodney Dangerfield of the team, she gets no respect."

That's because while Warren's stars provide the flashy plays or the big shots, Stacy is just the model of consistency.

While she came off the bench throughout much of the season, Leach was thrust into a starting role towards the end, due to injuries to several Warren players, coming up with several double-digit scoring efforts in the postseason for the Devils, which reached the Elite Eight.

COACH OF THE YEAR



JOHN STANCZYKIEWICZ
WARREN

After taking over for longtime coach **Bruce Campbell** in 1999, Warren girls hoops coach **John Stanczykiewicz** received one heck of a prediction from boys hoops coach **Chuck Ramsey**.

Fresh off a 2nd place showing at the previous year's state tournament, Ramsey told Stanczykiewicz that he would one day have a shot at matching the success of the boys team. He was right.

Coming off a 19-10 campaign, this year's Warren's girls team returned virtually the entire varsity squad, to go along with several key additions.

While the team appeared on paper to be poised for greatness, games aren't played on paper. Still, the Devils, thanks in large part to Stanczykiewicz's tutelage, had the best season in school history, finishing 29-3 and

reaching the Elite Eight for the first time since 1988.

Along the way, Warren had to endure several injuries to key players, including season-ending afflictions to **Kendra Payne**, **Giuleana Lopez** and **Dennise DuPlessis**. Despite this, the Devils featured a fast-moving inside-outside attack on offense and a smothering pressure defense that led to countless transition baskets throughout the season.

Even though the Devils certainly had the talent, Stanczykiewicz did his best to meld that talent together. Also, with so many skilled players, most teams might encounter complaints about roles or playing time. But Stanczykiewicz had the foresight to put the best lineup on the floor in just about every situation.

In six years at the school, Stanczykiewicz has amassed a 124-59 record.

ROOKIE OF THE YEAR



SARAH BOOTHE
WARREN

Several times this season, people have gone up to Warren freshman **Sarah Boothe** and asked how old she was. People assumed from her 6-4 frame and her abilities in the post, that she had to be at least 17.

Although she's only 14, Boothe regularly played like a seasoned veteran in the post for the Devils.

"She's one of a kind in the county," Warren coach **John Stanczykiewicz** said. "Every coach dreams of having a player like her. She's such an anomaly."

With stars **T.K. LaFleur** and **Alex Leach** graduating, Boothe will be counted on to lead Warren next season.

"The sky's the limit for her," her coach said. "She's still figuring out how to use her body. When she does that, she'll be really dangerous."

SECOND TEAM



JESSICA BOLLINGER
G
WARREN



KARA MING
G
GRAYSLAKE

Our second team features both integral role players and ones who could take over a game at any point. At guard are Warren junior **Jessica Bollinger** and Grayslake sophomore **Kara Ming**.

While Bollinger may not have put up monster stats, her ball handling ability, her decision making and her defense were all integral in Warren's Elite Eight run.

Even though Grayslake won just seven games this season, the team may not have won any without Ming, who led the team and the Fox Valley Conference



SARAH MILLER
F
MUNDELEIN

with 15 points per game.

A trio of seniors are featured at forward in Warren's **Alex Leach**, Mundelein's **Sarah Miller** and Carmel's **Teresa Ogrinc**. Leach averaged 8.3 points per game for the Devils, and was also a key defensive player.

Miller averaged 11 points per game and closed out her varsity career with 1,029 career points (5th in school history). Ogrinc excelled in several areas for the Corsairs, averaging 10.7 points, 5.2 rebounds and nearly 4 steals per game.



TERESA OGRINC
F
CARMEL



ALEX LEACH
F
WARREN

THIRD TEAM

The third team features players who might have been short on size, but definitely not on talent. Leading off are Libertyville senior **Samie Balmes**, Antioch guard **Holly Roberts** and Waukegan senior **Angel Jones** at guard.

Balmes led the Cats with 11 points per game, also shooting 87 percent from the free-throw line, a school record. Roberts, a point guard, led her team in scoring, assists, rebounds and steals, also making it downstate in the three-point shooting contest. Jones overcame a horrific injury as a junior to lead the Bulldogs in scoring and steals.

At forward are Mundelein senior **Ashley Cretacci** and Grant junior **Ashley Arff**. Cretacci, who at 5-10 was undersized for her position, still averaged 10 points, 9 boards and 2 steals for the Mustangs. Arff averaged 11.6 and 5 rebounds for the Bulldogs.



HOLLY ROBERTS
G
ANTIOCH



SAMIE BALMES
G
LIBERTYVILLE



ANGEL JONES
G
WAUKEGAN



ASHLEY CRETACCI
F
MUNDELEIN



ASHLEY ARFF
F
GRANT

HONORABLE MENTION

ANTIOCH SEQUOITS

G Gina Florian, Sr. • F Loren Scarbrough, Sr.

CARMEL CORSAIRS

F Kendall Brown, Sr. • F Keli Coleman, Sr. • C Jill Scudder, Sr.

GRANT BULLDOGS

G Kaela Munster, Jr. • G Cassie Newton, Sr.

GRAYSLAKE RAMS

G Colleen Centella, So. • F Rachael Manuel, Sr.

LIBERTYVILLE WILDCATS

G Jamie Freese, Sr. • F Carolyn Kozak, Sr.

MUNDELEIN MUSTANGS

G Caroline Laird, Sr.

ROUND LAKE PANTHERS

G Kimmy Nicoline, Sr. • C Erin Poynter, Sr.

VERNON HILLS COUGARS

C Stephanie Hebda, Sr. • G Alyssa Wilson, Jr.

WARREN BLUE DEVILS

G Stacy Leach, So.

WAUCONDA BULLDOGS

G Kirsten Kraus, Sr. • C Jessie Middlesworth, Jr.

WAUKEGAN BULLDOGS

F Sierra Shipley, So. • G Ashley Daniels, So.

ANTIOCH



Photo by...

Members of the Antioch Community High School varsity cheer squad celebrate their 10th place showing in the large varsity division in last weekend's ICCA State Cheerleading Meet in Springfield.

Youth movement pays off for Sequoits

By Rob Backus
Sports Editor

Just before tryouts, Antioch varsity cheerleading coach Robin Gwinn decided to change the team's approach. For the first time in school history, freshmen were allowed to tryout for the squad.

"With the IHSA taking over next year, I wanted to make cheerleading like any other sport at the high school," Gwinn said. "And if a freshman has the talent, why shouldn't she be on the team?"

'I think we're poised for bigger and better things. We're trying to build the program up and I think we can get better and better each year.'

Robin Gwinn
Antioch varsity
cheerleading coach

A number of freshmen turned out for the tryout, with six making the final squad. And all of them were integral to the team, as Antioch finished 10th in the large varsity division at the ICCA state cheerleading meet in Springfield last weekend.

"We started the year with more talent than we've ever had," Gwinn said. "A lot of it came from letting freshmen onto the team."

Gwinn also changed her thinking when it came to routines, her entire squad came in with a background in gymnastics.

"This is the first team we've had where

everyone had a gymnastics background," Gwinn said. "And that allowed us to add a lot of tumbling passes this year."

The team had to overcome adversity when three members of the team quit mid-season, forcing Gwinn to bring up two junior varsity members, Krissy Foerster and Katie Albright. But Gwinn credits the two as being big parts of this year's squad.

"They had a tough spot, coming in as alternates," Gwinn said of the duo. "But we couldn't have done it without Krissy because she's so tall. She was our back base, who catches the flyer."

Gwinn also credits the leadership of senior captains Kelsey Dent and Kim Conley.

"I've never had captains before, but Kelsey and Kim have incredible leadership skills," Gwinn said. "Plus they're both excellent students and provided a great example for some of the younger girls on the team."

With so many underclassmen, Gwinn feels her team is capable of even more next season.

"I think we're poised for bigger and better things," Gwinn said. "We're trying to build the program up and I think we can get better and better each year."

This year's squad inducted 10, Meagan Yarc, Ashley Mesnard, Kira Haley, Kira Auth, Kelsey Dent, Katie Sprague, Jill Mayers, Hanna Gwinn, Jessica Lindom, Jordan Melton, Kristin Imhof, Kim Conley, Kristina Post, Kim Ruggles, Stephanie Spooner, Tiffany McGowan, Krissy Foerster, Lanaya Gutowski, Jennie Bann, Jessika Landers, Katie Albright and Jamie McHugh.

Seniors Kelsey Dent, Kira Auth, Lanaya Gutowski and Kim Ruggles were also selected as ICCA All-Star Cheerleaders and will cheer at the upcoming All-Star basketball game in June.

CARMEL



Team concept fits Corsairs



Photo by...

The 2004-05 Carmel High School varsity cheerleading squad. The squad finished 17th in the state.

By Dan Patrick
Sports Reporter

Within every team sport, the team always takes precedent over the individual within the unit. As for cheerleading, the team not only takes precedent, the individual must unify themselves with the team.

Carmel cheerleading coach Jenny Holland demands such unity within the team. For Holland, there is no most valuable player, no cog in the machine that is more important than the other.

"It's really hard to say who is the true MVP because cheerleading is such a team sport," Holland said. "We need everybody working together, everyone's dedicated, it's very hard and it's very demanding. Everybody is a part of the squad and everyone must work together or it doesn't work at all."

Apparently, the team concept works as the Corsairs cheer squad has done quite well for itself within competition.

"We were in quite a few competitions this year, we went to Nationals Jam Fest, good we received second place there, Stevenson regional finished third and we also finished third in Romeoville regional," Holland said. "Then we went to state and received 17 out of 37, so we were among the top half in the state competition."

Some of the success can be attributed to the amount of leaders within the squad. Of the 18 members, 12 are upper classmen. Seniors Nicole Pilotte, April McDonnell, Jessie Kipp,

Kym Forsythe and Tynan Kraft were the leaders of the team and even played a major role in planning the team's competitive routine.

"They were good leaders, a lot of the girls looked up to them and they made the competition routine," Holland said. "They came up with all the moves, the tumbling passes and the stunts. They really used their imagination and came up with a great routine."

Corsair juniors include Brienne Huxhold, Mary Huschitt, Caylee McGrath, Jackie Malzow, Mackenzie Fortune, Danielle Soudan and decorated gymnast Laura Valkman. Six sophomores round out the roster with Jessica Gries, Norie Lyman, Kristin Knudson, Lindsey Norman, Megan Osterhout and Kim Jones.

Unity remains as the utmost goal for every season and for Holland, it is the first priority entering into next season.

"I would say your first goal is to get everyone to unite and become a squad," Holland said. "If you don't have that, then your season will be a hard, the biggest challenge is just to get them to believe in themselves and perform as a unit."

Holland can put this season in the record books as a success, not only for the appearances and placements the team made during competition, but simply because of the gratification that comes from working as a single entity.

"I'm extremely proud of the girls because they took pride in what they were doing," Holland said. "It's tough, you really have to be confident in your routine and the more proud the are, the better they'll do. As for this season, we had a great season and it was a lot of fun."



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GRANT



Grant finishes 6th in state

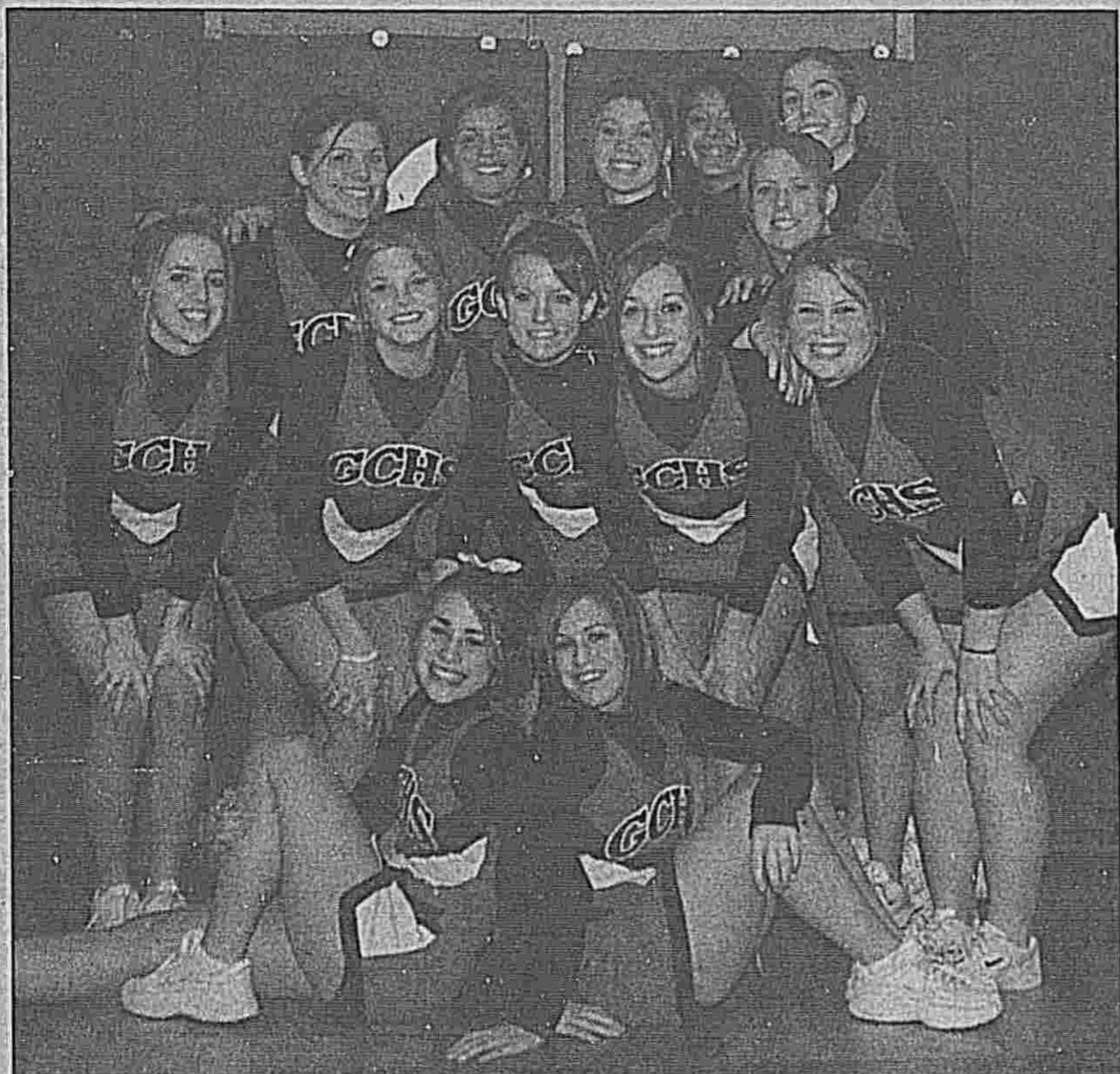


Photo by Ronilyn Mussared

Members of the Grant Community High School cheer squad gather before leaving for the state competition in Springfield. The team took sixth place in the meet.

By Steve Peterson
Sports Reporter

Grant High School cheerleading squad members ventured to Springfield, home of the ICCA state cheerleading meet, for the fifth straight year.

This year, the Bulldogs qualified at the regional meet with 395.5 points at the Chicago Shephard regional. The Bulldogs compete in the small varsity division.

Grant took sixth place as a team in the small varsity division, with 28 teams competing. The team had won first place at the Shepard High regional and also won first place honors for stunts at the Super Midwest competition that took place in Champaign. This is Grant's first venture back into the All-Girl Small Varsity division after being in the co-ed division for the past four years.

"The team had a fun-filled week leading up to the big event. Winter sports awards were held on March 16, where senior Jenny Alaimo was announced MVP and sophomore team member Courtney Siddons was awarded most improved. Thursday was the seventh annual spaghetti dinner with the cheerleaders serving 340 hungry people. Then there was a send-off for the team on Friday. Cheerleaders received balloons and flowers from friends," said coach

Pam Bonnevier.

Then it was off to Champaign, for the competition that was conducted on Saturday evening.

"It is a pretty good team with a lot of talent. We will use the same routines that we use at the boys basketball games," Bonnevier said. The group is an experienced one with seven seniors. "We have a lot of experience through the state competition. It is important (the experience) and they know what is expected of them at state," Bonnevier said.

About 200 fans, students and friends are expected to attend the state meet.

"It is kind of a given," senior Kate Schwartz said of state.

"The most important thing is endurance," Wigutow said.

The IHSA will take over the state series next year.

Bonnevier said the season begins with try-outs in the spring. The Bulldogs draw from the Comets, Thunder and Cardinals youth programs.

Seniors on the team are: Alaimo, Julie Achtor, Shannon Brophy, Sarah Patterson, Kate Schwartz, Brittany Schram and Wigutow. Other team members are juniors Haley Janney, Maggie Loris, Kelsie Simmons and sophomores Christy Bronken, Melissa Ramos and Siddons.

GRAYSLAKE



Photo by Ronilyn Mussared

Members of the Grayslake Community High School cheer squad gather before leaving for state competition in Springfield. The team took 16th place in their division.

Rams unlucky at state

By Rob Backus
Sports Editor

In 1998, when Grayslake varsity cheerleading coach Tina Woolard was still head coach at Round Lake, her children decided to bring her a good-luck charm just prior to the state competition.

"My kids brought me a ladybug for good luck and we ended up winning state," Woolard said. "Now we always have a ladybug with us and we rub it for good luck."

This year's team wore ladybug stickers on their feet during last weekend's ICCA state cheerleading meet in Springfield. Unfortunately, the charm didn't work as the Rams finished 16th in the large varsity division.

"I'm not sure what else we could have done," Woolard said. "We hit all of our routines and had awesome tumbling and difficult stunts. The kids did a great job."

When Woolard refers to the team as "kids" she isn't kidding as Grayslake's squad was dominated by underclassmen, as the Rams had just three seniors, two of whom had never cheered prior to this season.

"We had a very young team and two of our seniors (Aimee Gregorin and Shauna Hyde) were new to the team," Woolard said. "But they did a great job and were key members of the squad."

Although the team had no official captain, Woolard lauded the effort of senior Brittany Wiggins, who served as the team's de-facto captain.

While the finish at state was a bit of a disappointment, the squad had several highlights

to the season, including second place finishes at the Joliet Regional and invitationals at Libertyville and Jacobs. In fact, the team qualified for the state tournament at Joliet way back in December.

"I think qualifying for state early helped us because it gave us time to play with our routine," Woolard said. "Plus it gave the girls more time to learn how to tumble. We have an all-tumbling squad, so a lot of the girls had to learn on the fly. But they did a great job and pulled it together."

The fact that the team was so young, as evidenced by its nine sophomores, points to a positive future for the Rams.

"The fact that we were so young bodes well for us in the future," Woolard said. "We didn't have a lot of experience and we hadn't cheered together before but we still did well. The future looks bright for us the next few years."

This year's squad included Sarena Richardson, Brittany Wiggins, Sarah Ball, Shauna Hyde, Amanda Sheldon, Kelsey Pierotti, Megan Mularski, Stacy DiLullo, Dena Poulos, Ashley Hill, Jessica Revord, Grace Nannemann, Brittany Schrader, Aubrey Hook, Stephanie Hosford, Courtney Thomas, Aura Polster, Sarah Deal, Aimee Gregorin, Katlyn O'Brien, Kelli Campbell and Ashley Cokefair.

The junior varsity team, which consists of Jenna Fabbri, Jessica Corrigan, Krista De Graff, Melissa Garcia, Sarah Haser, Mary Karol, Theresa Lichon, Emily Loe, Shaun Murphy, Traci O'Brien, Megan Reasoner, Tessa Richardson, Jessica Schmitke, Molly Stover, Abby Thompson, Dayna Usa, Jaclyn Wiggins and Shawna Brennan, finished 4th in the state at this year's competition.

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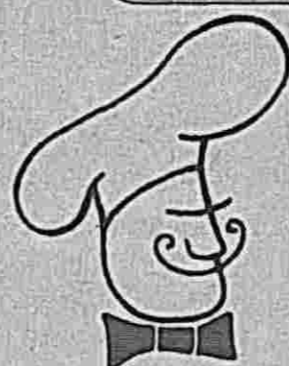


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LIBERTYVILLE



The 2004-05 Libertyville High School varsity cheerleading squad. The Cats finished 26th in last weekend's state meet.

Big things ahead for Cats

By Matt Pera
Sports Reporter

The Libertyville High School cheerleading squad took huge strides this season, according to varsity head coach Shannon Doyle.

Their season accumulated in a trip to the state tournament in Champaign last weekend, in which the freshman finished 18th, the junior varsity squad came in 10th and the varsity had a 20th-place showing.

While Doyle said her varsity girls' routine at state was not their best competitive showing of the year, she explained that it was a growing experience for her young squad, which had only four seniors.

The varsity team also attended the national tournament at the Mall of America in Minneapolis, Minn., Feb. 24-27. The team had set a goal heading into the tourney of finishing in the top ten and came just short, earning the 11 spot.

Had the team placed in the top ten, they would have earned a bid into the grand championship.

But, despite coming up just short of their goal at nationals, Doyle said it was a positive experience.

"It was a great learning experience for them and they really got to see a lot of things

you don't see in Illinois," Doyle said. "It was a great team-building time and they had a great time there."

Aside from state and nationals, the Wildcats cheerleaders also participated in two regionals, taking second at Andrew High School and third at Joliet Township High School. The team also hosted a competition at LHS, which they did not participate in because Doyle said the host team traditionally does not compete at their own meets.

Doyle added that traveling downstate to Champaign with the football team for the Class 7A State Championship, which the Wildcats won 13-3, helped.

The seniors on the 2004-05 varsity cheerleading squad were Sara Roux, Stacey Gullo, Shauna Flesch and Andrew Carman.

Other members of the varsity team were Katie Kummer, Haley Spaulding, Elise Butrym, Nikki Peterson, Jackie DeRam, Heather Spaulding, Jessica Painter, Callie Potts, Heather Peterson, Katie Jachec, Lauren Milbourne, Natalie Stone, Jasmine Lark, Lauren Kasdorf, Christine Himmelsbach, Shauna Connors and Krissy Barlow.

"I think the program really learned a lot," Doyle said. "We really progress as a program each year at Libertyville and become stronger and more competitive. It definitely was a young team this year and great things are expected in the future."

MUNDELEIN

Mustangs make national run



The 2004-05 Mundelein High School varsity cheerleading squad poses for a picture at a national competition in Texas earlier this season.

By Dan Patrick
Sports Reporter

There are levels of greatness within all sports and every level has its winners. However, there are some winners that are just too good for one stage. For the Mundelein cheerleading squad, state competition simply wasn't enough as the Mustangs took it to the national level.

Mundelein coach Sara Flanigan led the team to a fourth place finish at the national level, beating out numerous talented squads in the process. For Flanigan, the success came with tremendous improvement at all levels.

"This year was a great year, individually, the kids excelled further than they ever had with their skills," Flanigan said. "This is the first time where everybody on our squad could tumble, which is becoming a bigger part of competitive cheerleading every year."

The 20-person squad is actually the largest all-girl team in Mundelein's history. Theresa Aidikonis, Kimmy Cleveland, Danielle Cockrum, Caitlin Craig, Maggie Flynn, Bridget Gavin, Shannon Gavin, Nicole Greenwood, Kim Hanson, Katie Hartnett, Molly Hughes, Natalie Jonko, Jessie Kainrath, Marissa Khalaf, Stephanie Raciak, Desirae Schafernak, Alyssa Swanson, Brittney Tarpey, Corrie Teresi and Kyle Weinert make up the roster.

Success followed the team at numerous competitions as the team won the Windy City Regional Championship and the aforementioned fourth place finish at the national stage.

However, the team did face some adversity en route to its impressive performance.

"We took them down to the American Showdown in Ft. Worth, Texas and actually had a shaky performance on day one," Flanigan said. "But they didn't let that beat them because they watched the tape of their performance and really stuck it on day two. They took great pride in going out there and the girls gave it their all."

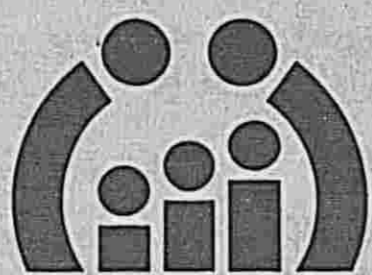
Mundelein's performance can also be attributed to tireless practice that brought the team to perfection during the competitive season. Flanigan took great care in rehearsing the routine, and even resorted to covert tactics, teaching the girls portions of the routine without their knowledge.

"I try and plan it out during football season, even though the kids didn't know it, they were doing parts of the routine during football season," Flanigan said. "We spend a long time training on the skills before we put the skills together for a routine. We perfected the skills during football season, so we could focus on the routine during competition."

As for the future, Flanigan is looking ahead with a grin as she is certain the team will be able to follow up the performance they put up this season.

I think that next season is going to be a learning experience because it will be the first year that IHSA is hosting regionals and sectionals," Flanigan said. "They're great kids and no matter the circumstances, I'm very optimistic about what they can do."

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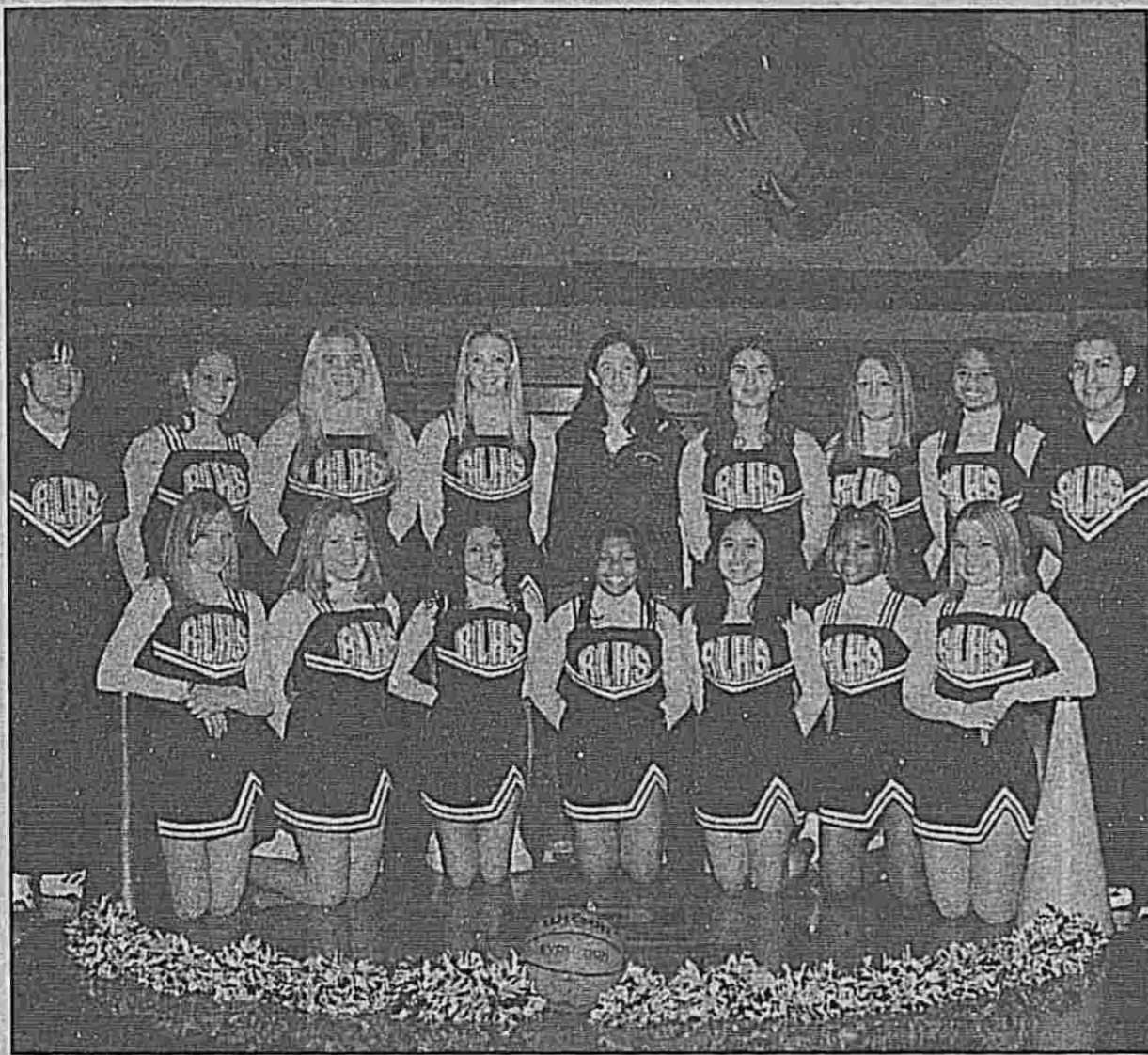
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ROUND LAKE

Panthers making best of it



The 2004-05 Round Lake High School varsity cheerleading squad.

By Dan Patrick
Sports Reporter

Coaching changes can be devastating for a team as the unit works to adjust to a new coaching style, a new direction and most of all a new philosophy. As hard as a coaching transition can be at the end of the season, it's nothing compared to the pressure of adjusting right in the middle of the year.

'It was the first time competing, but they did pretty well, especially given the lack of experience we had on the team.'

Jenny Johnson
Round Lake cheerleading coach

This was exactly the situation that faced the Round Lake Panthers cheerleading squad in the beginning of the winter season. Luckily, coaches Jenny Johnson and Susan Center were there to pick up the pieces.

"We didn't make high enough points to make it to the state competition, but I'm proud of the kids because they stuck with the team through a really tough time this season," Johnson said. "They started with a different coach and we had basically a month to learn a completely new routine. We (Johnson and

Center) thought it just shows the dedication our girls have for cheerleading."

With the monetary troubles that have plagued Round Lake in recent years, the cheerleading squad was not spared as the team was only able to compete in the Stevenson High School Invitational during the first weekend of February.

"We did manage to make it to competition, but we only competed at one," Johnson said. "It was the first time competing, but they did pretty well, especially given the lack of experience we had on the team."

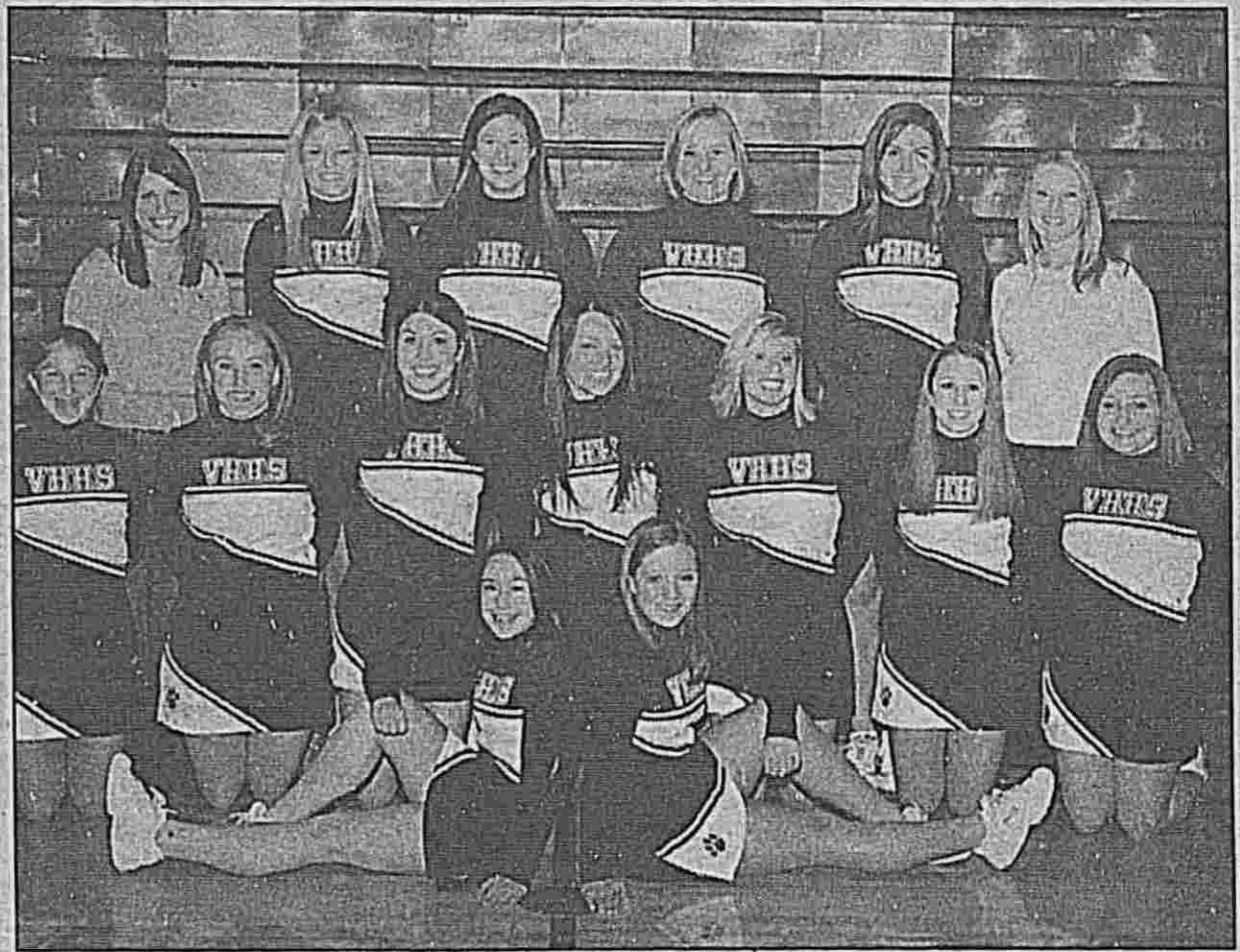
The Panther squad is co-ed and is made up of 14 people full of Panther Pride. Seniors Katie Newby and Heather O'Mara were the leaders while juniors Robert Delgapillo and Brad Rainer were the only male members of the team. Underclassmen Cindy Campos, Miranda Daily, Jennifer Scholz, Becky Thompson, Vanessa Almodovar, Sarah Anderson, Nichole Best, Kenzie Gibson, Karen Lehocky and Nickie Reed rounded out the roster.

Surprisingly, the best tumbler for the squad was actually Rainer, who would regularly engage in tumbling contests with his female counterparts on competing rosters.

"Brad, he's our tumbler, and our only tumbler on our team," Johnson said. "He's grown a lot in terms of tumbling and he's working on a full, that's when they do a full twist at the end of a tumble. (His contests) were great, it shows they actually enjoy what they're doing."

VERNON HILLS

Cougars' cheer squad makes meteoric rise



The 2004-05 Vernon Hills High School varsity cheerleading squad. the Cougars qualified for last weekend's ICCA state cheerleading meet in Springfield.

By Dan Patrick
Sports Reporter

Last year, the Vernon Hills Cougars didn't even have a competitive cheerleading squad, this season, the Cougars not only put a team together, but brought it to greatness. Vernon Hills cheer coach Marissa Ruben is especially proud of the astronomical rise of the Cougars cheer squad.

"We were very happy, our school didn't field a varsity team last year because of a lack of interest," Ruben said. "This year, we had a full program, our varsity placed first at two competitions and qualified for state, which is great for any sports team."

The 11-person squad in charge of Vernon Hills spirit is made up of Cougars Sarah Nichols, Alina Bogbanov, Kelli Jordan, Kaitlin Brooks, Becca Djuric, Amy Ensign, Misty Hart, Carly Krizmanich, Whitney Perkowski, Erika Ross and Becky Robb. Unfortunately, Nichols, Bogbanov and Jordan have all done their last stunts for a high school squad.

"We're losing three seniors in Sarah Nichols, Alina Bogbanov and Kelli Jordan," Ruben said. "They were outstanding people, great leaders, smart girls and we're going to miss them all."

While the team was able to qualify for the state competition, it wasn't the smoothest season for the cheer team. With the numerous stunts and the acrobatics that go along with cheerleading, the injury bug reared its ugly head this season.

"We had a lot of injuries over the course of the season and cheerleading is unique because we don't have a bench," Ruben said. "When one person is out of the sequence you really have to work and have people switch positions to have

the performance work again."

As for the Illinois High School Association's state cheer competition itself, Ruben said her team could have put up a better performance. However, the chance to represent Vernon Hills High School in a state final situation was enough of a payoff for the team.

'We had a lot of injuries over the course of the season and cheerleading is unique because we don't have a bench. When one person is out of the sequence you really have to work and have people switch positions to have the performance work again.'

Marissa Ruben
Vernon Hills cheerleading coach

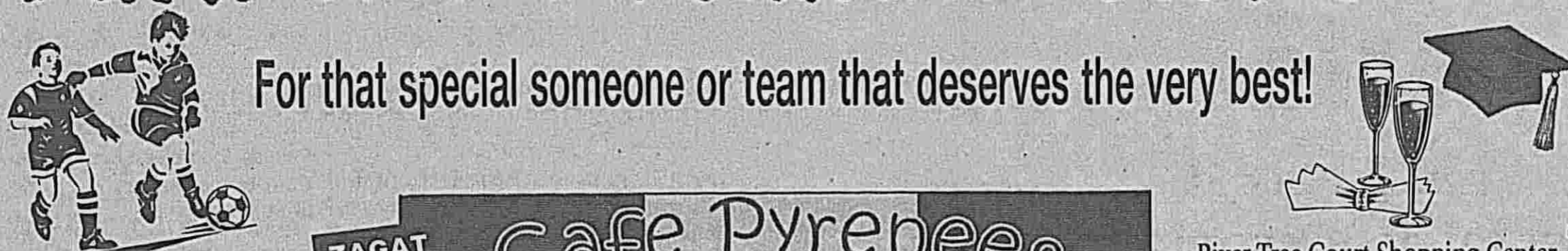
"State didn't go as well as we would have like because we dropped on a few stunts," Ruben said. "It wasn't our best performance of the season, but it was good that we were able to compete at the competition."

In the end, Ruben is not as proud of her team's accolades within competition, but simply for debunking the negative stereotypes that are attached to cheerleaders.

"I think for the first time ever, the girls have promoted a positive image for cheerleaders," Ruben said. "They acted appropriately and they earned the respect of their peers, not only because of their cheerleading ability but because they carried themselves with class."

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Devils finish 3rd in state

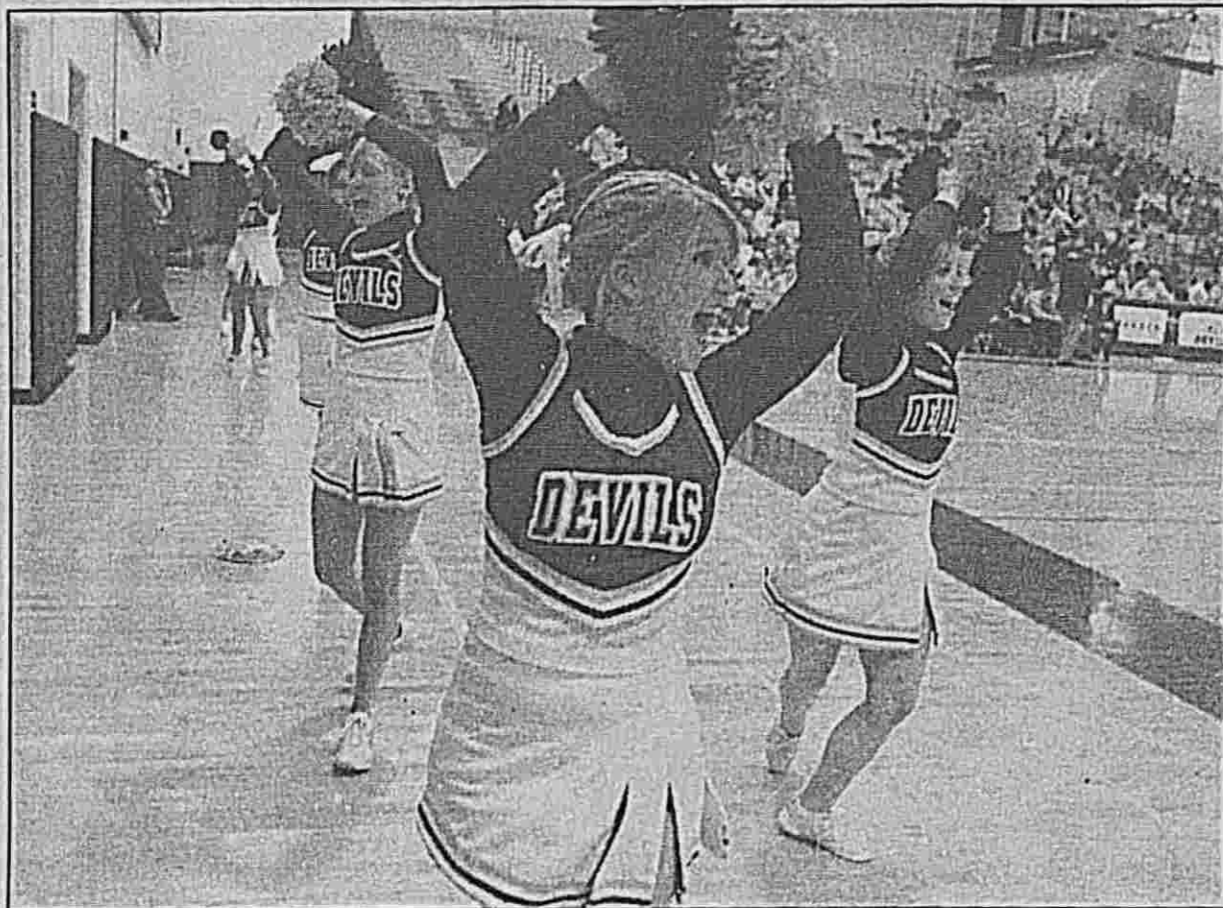


Photo by Sandy Bressner

Warren Township High School senior All Hill gets the crowd pumped during a boys basketball game earlier this season. The team took third place in the Illinois Cheerleading Coaches Association state tournament in Springfield.

By Rob Backus
Sports Editor

Normally it's a cheerleader's job to be excited. After all, one of the main purposes of a squad is to help get their fans pumped up, which in turn helps the team.

However, there was a point last Sunday when Warren's varsity cheerleading squad was a little too excited.

The team had just found out it finished third in the medium varsity division of last weekend's Illinois Cheerleading Coaches Association (ICCA) state tournament in Springfield. But as the judges were trying to award medals, they had difficulty corraling the obviously excited Warren squad.

"The girls were jumping around so much, the judges actually had to tell them to stop," Warren coach Emily Waddick said. "They were just so excited."

And with good reason, as the third-place showing was one of the best in school history.

"Senior captain Lindsay Gans came up to me and said repeatedly that it was the best moment of her life," Waddick said. "There were no words to describe the moment for me. Just seeing the looks on the girls' faces was incredible."

For the Devils, it was the culmination of several months of hard work, featuring 2 1/2-hour practices, four or five times per week.

"This was just such a fantastic team," Waddick said. "This is one of the most hard-working teams I've ever had. They really wanted it and went out there and did it."

'There were no words to describe the moment for me. Just seeing the looks on the girls' faces was incredible.'

Emily Waddick
Warren cheerleading coach

Of course, Warren had the added advantage of cheering for several outstanding teams that advanced far in the postseason.

"It definitely helped," Waddick said of cheering for the football and boys and girls hoops teams. "It gave us a chance to practice some of our routines in front of crowds."

Although the squad loses several key members to graduation, the outlook remains positive for Warren.

"We lose a lot, but we also bring a lot of good people back," Waddick said. "There's a very good outlook for the future. I think we can do just as well."

Senior captains for this year's squad were Lindsay Gans and Tara Pyles while Sara Leuer was a junior captain. Squad members included Nicole Adams, Clancy Amadei, Lauren Barrera, Michelle Caselli, Cola Doyle, Stephanie Grover, Allison Hill, Haley Howard, Lauren Michalski, Elizabeth Miller, Shardai Mosley, Kara Nordlof, Samantha Okasinski, Mallory Snitker and Megan Yott.

WAUCONDA



Solid season for Bulldogs



Photo by John Dickson

The Wauconda High School Cheerleaders rally the students with one final cheer before the cheerleaders prepare to go to Springfield for the state competition.

By Steve Peterson
Sports Reporter

It was a tough task, but Wauconda High cheerleaders were out to better a fourth place finish at the ICCA state competition in Springfield.

"We all have practiced really hard and overcome a lot of illnesses and injuries," said junior Benita Zepeda.

'It's awesome. We have a very talented squad.'

Gia Lindsey
Wauconda cheerleading captain

Many of the squad members have been cheering since their Jr. Bulldog days in junior high.

"We hope to get into the top five, but we know Lake Zurich and Stevenson will be tough," Zepeda said.

Head coach Patty Archbold was anticipating a strong effort during a send-off pep rally at the school's gym.

"We know that we'll do our best and give 100 percent. The team has done a great job. We were first at the Romeoville regional. We only have four seniors, so we have a lot of juniors and sophomores," Archbold said.

Assistant coach Kathy Lindsey, who has two daughters on the team, agreed that the team has been working hard and tweaking its routine for state.

"It's awesome. We have a very talented squad," said captain Gia Lindsey.

Both the junior varsity and the varsity competed in an invitational at Libertyville in early January, with the varsity winning their title despite having one of its seniors injured just two days before competition.

The team competed a few weeks later at Jacobs with the varsity Bulldogs receiving first place honors in the large varsity division. Another highlight of the year was working with WHS grad Courtney Faczek, a member of the fourth-place team last year, who now attends Illinois State University.

Also on the state qualifying team: Abi Comstock, Courtney Shiel, Laura Pinkosly, Caitlin Block, Megan Steinberg, Dianna Lindsey, Trish Krajnuak, Britnee Simons, Katie Schlafler, Alexa Chrisos, Nicole Farmighetti, Jessi Niemi, Kelsi Offenwanger, Rachel Archbold, Lindsey Jahnke, Ashley Mancini, Lauren Robbin, Julie Stell, Kelly Spence, Erin Grimm and Nikki Donatomi.



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WAUKEGAN

'We're not getting tired of each other (referring to the team's unity). Some squads do... We love it.'

Nicole Holland
Waukegan cheerleader

Quote Me



Cheer team offers more than a uniform

By Nicholas Alajakis
Sports Reporter

As a long, more than seven month long season comes to an end, many athletes may be excited to finally put an end to rigors of constant practice and performing.

Not these girls. After months of being together a team may be ready to finally get away from each other and move on to other things they enjoy.

Not these girls. "We're not getting tired of each other," Waukegan cheerleader Nicole Holland said of her team's unity. "Some squads do... We love it."

Holland is one of 15 girls who wear the purple, green and gold proudly for the Bulldogs. And while the glory is often awarded to the athletes on the football field and basketball court, these girls put forth just as much energy into being a Bulldog.

Many of the girls began practicing with the team in mid-August, in preparation for football season. After three months outdoors, the season move indoors, with much of the same team intact, said coach Melissa Selevredes, now in her seventh year of developing the team's talents.

And despite the perception by some, many take cheerleading very serious. Just last year the Illinois High School Association recognized the activity as a sport and girls began

competing in competition. Waukegan only competition this year was at Downers Grove High School, where they failed to place in the competitive field.

The set back did little to derail the girls in what they enjoy doing however. As they waited the start of the sectional basketball championship last week, — a game Waukegan would win — senior captain Rochelle Shipley said the girls enjoy performing in front of large crowds to motivate the team, even if it isn't in front of judges.

And along the way there are also life lessons — like a recent one the team learned about sportsmanship.

During an earlier playoff game cheerleaders from the opposing team were joining the crowd in negative cheers geared toward a mistake made by a Waukegan player.

The Waukegan girls were in shock as they looked at their coach, Selevredes said.

"They wouldn't do that," Selevredes said. "They're better (than that)."

And of course, there are the relationships. "We're like a sisterhood," Shipley said.

Members of this year's sisterhood include seniors, Shipley, Holland, Devon Adams, Erica Angelos and Heather Riddle. Cheerleading juniors are Christian Barrett, Clarissa Curtis, Jazmin Gray, Lauren Pierson and Caprice Riley.

Sophomores are Jessica Armstrong, Kyandra Crawford, Lakiea Johnson, Nicole King and Elizabeth Pottala. Danielle Rivera is the lone freshman.

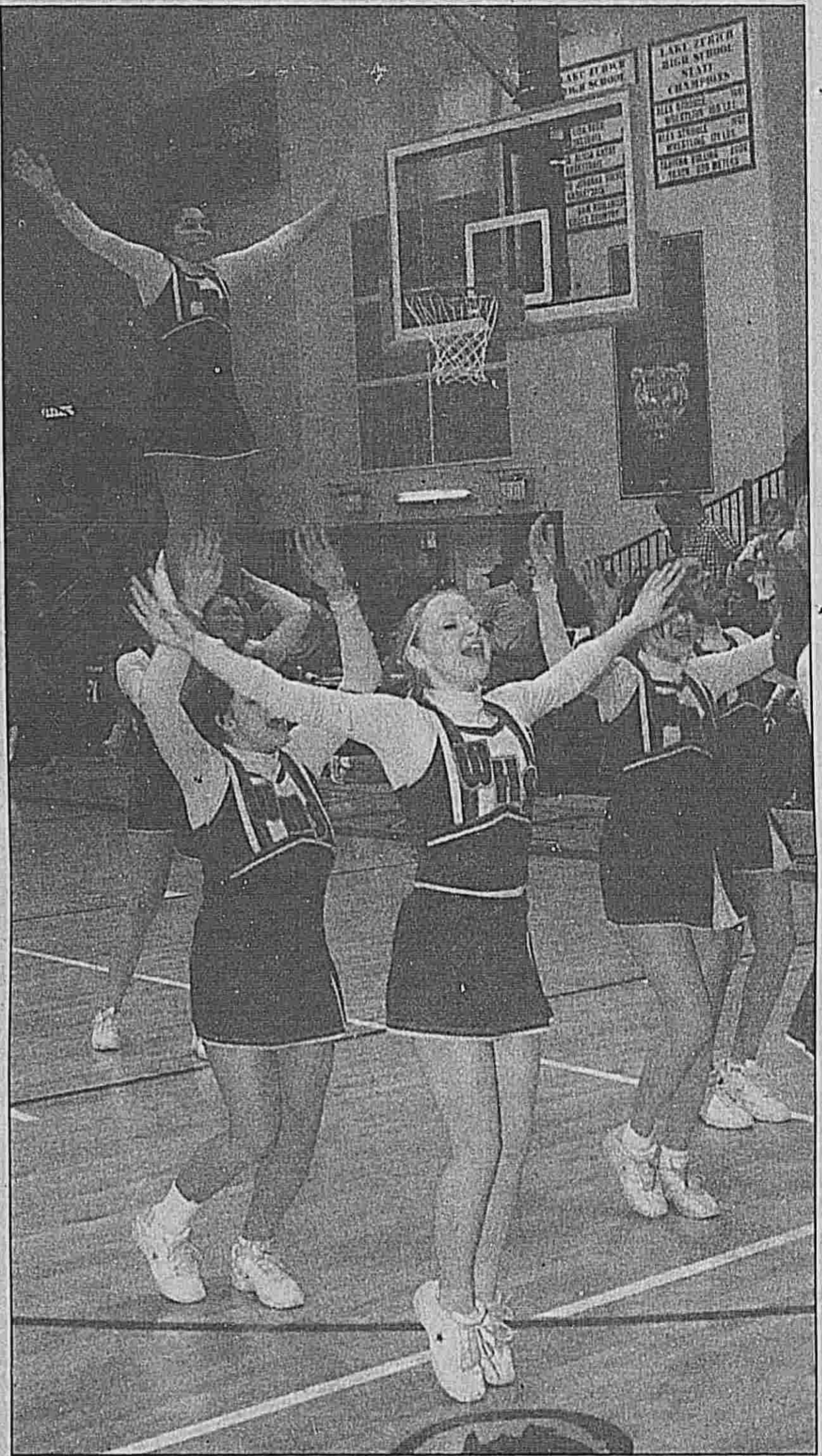


Photo by John Dickson

With dance floor moves, and acrobatics, the Waukegan High School varsity cheerleaders rev up the crowd during the boys basketball sectional finals game.

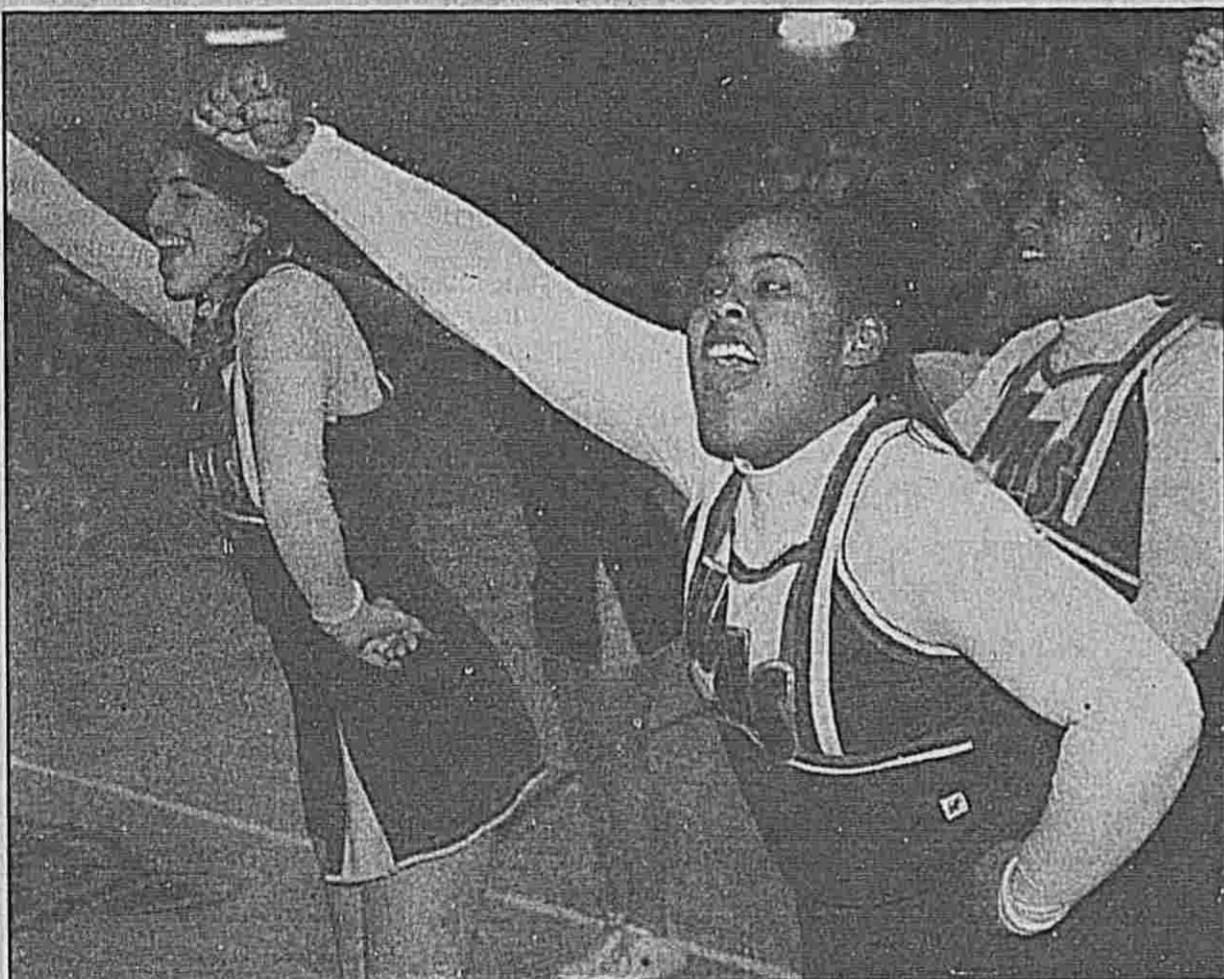


Photo by John Dickson

Devon Adams, a varsity cheerleader for Waukegan High School, cheers on her home team, during the boys basketball sectional finals.

COMMERCIAL SPECIALTIES

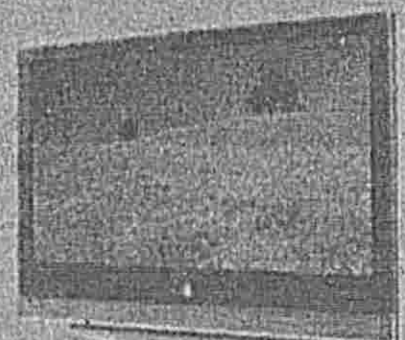
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FROM PAGE D1

BULLDOGS

Watching tapes of that game, Colbert said he did not expect Glenbrook North to shoot as well as they did.

Waukegan was able to keep the third quarter close as well, using three-pointers by Frazier and Ben Vega (8 points) to match Scheyer, and take a 50-48 lead going into the final period.

The lead was short-lived, however. Scheyer made three straight three-pointers, including one from six feet beyond the arch with Frazier in his face, to put his team up 57-52 with 5:32 remaining in the game. From there Waukegan fell apart, scoring only six more points and committing three costly turnovers.

One turnover was on a fast break; another came when Waukegan had a 2-1 man advantage under their own basket.

"During that critical time bad things just happened," Colbert said. "I've got to give our guys credit. They kept playing. If (Scheyer) hits shots with people in his face, what else can you do? He earned the shots and he hit."

The loss puts an end to an up-and-down season for the Bulldogs. A season that saw Colbert suspended for two games for violating IHSA guidelines. A season that saw the team go through tough road stretches. A season that saw the Waukegan Sectional - a staple in Lake County for 30 years - moved to Lake Zurich. And it was a season, where Colbert said he felt they were constantly disrespected, because they did not get the high seeds the deserved in tournaments.

But Colbert said it's the better times that make the season a memorable one. The 21-8 record. The second place finish at the Elgin Holiday Tournament. The maturation of his junior class. The regional championship. The second-straight sectional championship.

"I want to give my team credit for being able to sustain themselves during a difficult times," Colbert said. "A lot of people counted us out."

The loss also ends the careers of Frazier and Gaiter, the number one and two scorers in Waukegan history, respectively. The four-year varsity players led the team from a one-win season in 2002 to two consecutive sectional championships. Last year's sectional win was Waukegan's first in 29 years.

After the loss however, all both superstars could think about was how close they came to their goal of reaching state.

It's a tough loss to swallow, said Frazier, as he hung his head throughout the Waukegan

portion of the press conference.

"I came this far after four years. I'm glad we made it, but I wish I would have gone farther," Frazier said. "Not making it downstate takes (away from the season)."

Gaiter was at more of a loss for words after the game. While walking back to the team bus, with a hoard of Waukegan fans chanting his name, Gaiter stood quietly and spoke softly.

"(Glenbrook North) stepped up. They did what they need to win," Gaiter said.

While the careers of Waukegan's biggest players may have come to an end, what they accomplished should always be remembered, Colbert said.

"They've done things that haven't been done in 30 years," Colbert said. "They are the foundation of what Waukegan basketball is. And they put Waukegan basketball back on the map."



Photo by John Dickson

Waukegan senior LaRon Frazier hurtles through the air to add 2 points towards the Waukegan High School 82-68 victory over Lake Zurich High School in the Sectional Final.



Photo by Sandy Bressner

Waukegan High School's Emanuel Gaiter goes up for the shot under a heavy Glenbrook North defense during the Bulldogs' 70-58 Super-Sectional loss at Loyola University's Gentile Center in Chicago. Gaiter had 15 points in the game.

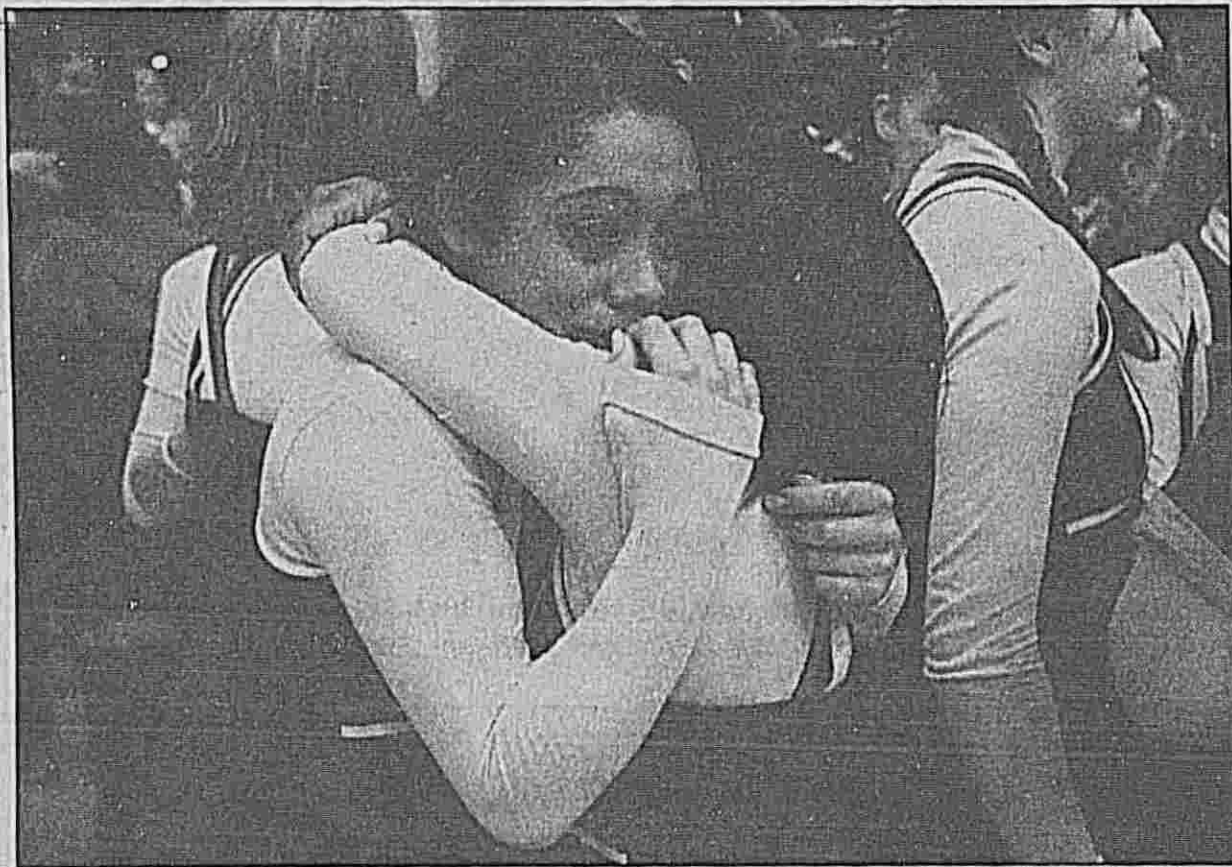


Photo by Sandy Bressner

Waukegan High School cheerleader Jessica Armstrong is consoled by a member of her squad after the Bulldogs' 70-58 Super-Sectional loss to Glenbrook North at Loyola University's Gentile Center in Chicago.

SIDELINES

While most cannot wait to forget their high school experience, former athletes fight tooth and nail to hold onto that time when life was easy and metabolism wasn't a four-letter word. And really, who can blame them?

Storytelling is one of the oldest art forms in the world and the memories they recreate are meant to be cherished. Facts might be embellished, people might be misquoted, but the very spirit of the story remains - competition, winning and losing, triumph and failure.

The rigid structure of athletics, with all of its milestones and plateaus very universal

and unifying. While times change—schools open and close and the games themselves shift—an athlete is still an athlete, a uniform is still a uniform and the game remains the same.

When the listener forgets about the statistics, these recycled stories become quixotic adventures with real feelings attached to them. In the end, it is the emotion that is the essence of the story, not the points scored or the team that was beaten - and emotion is exactly what makes us human.

Now, did I ever tell you about the first time I dunked in a varsity basketball game?

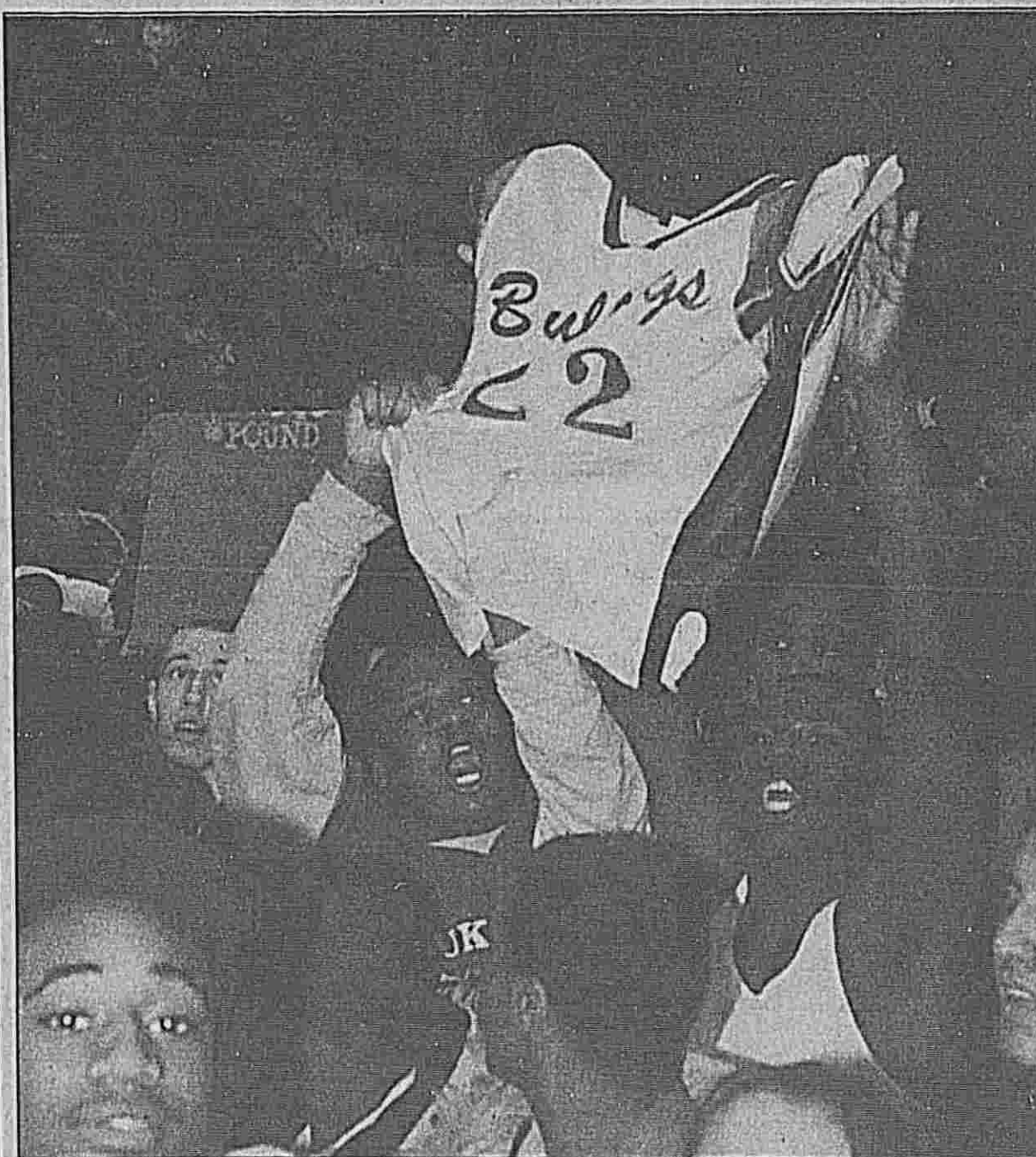


Photo by John Dickson

Tyrell Edwards, a senior Waukegan Bulldog, waves his jersey like a victory banner, to celebrate the Bulldogs' 82-68 victory over the Lake Zurich Bears. The Waukegan win made Waukegan the top dogs in the sectional finals.

LAKE LIVING

THIS WEEK'S SPOTLIGHT HOMES OF LAKE COUNTY



**336 Orchard
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\$179,900**

Well-maintained three-bedroom home with newer windows. One-car attached garage with a double-wide driveway. Bonus room can be a den/office/family room. Great location with a very nice-size yard. Nothing to do but move in.

Home details

Year built: 1950 BR 2: 11X11
LR: 25X12 BR 3: 12X09
DR: COMBO Rooms: 6
KIT: 14X10 Baths: 1
FR: 17X10
MBR: 11X11

2003 taxes: \$3,789

For more information on this home, visit LakeCountyListings.com.



**1632 Normandy Woods Court
Grayslake
\$329,000**

Reduced again. Be off to a fantastic start in 2005. Move right into this bright, like-new home. Three bedrooms plus loft/fourth. Vaulted ceilings, open floor plan, large rooms, fireplace, full basement, whirlpool, three-car garage, closets galore. Backs to open space. Bike to park, walk for lunch and to new high school. Close to everything.

Home details

Year built: 2000 BR 4: 12X10
LR: 13X15 EAT: 12X10
DR: 13X13 UTL: 07X05
KIT: 12X10 FP: 1
FR: 15X22 Rooms: 9
MBR: 17X14 Baths: 2.1
BR 2: 12X11
BR 3: 13X12

2003 taxes: \$7,547

For more information on this home, visit LakeCountyListings.com.



**17173 Edwards Road
Antioch
\$1,295,000**

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Home details

Year built: 1989 LOF: 11X17
DR: 16X11 SUN: 14X10
KIT: 35X15 SIT: 12X11
GRT: 44X18 FP: 1
MBR: 16X14 Rooms: 9
BR 2: 12X10 Baths: 3
BR 3: 12X11

2003 taxes: \$17,988

For more information on this home, visit LakeCountyListings.com.



Remodeling cuts energy costs

(NAPSA)-Fall is home improvement season and a great time to think about making improvements that will save money all year long. Leaky ducts, drafty windows and aging heating or cooling equipment all inflate your energy bill. Here are home improvement ideas that will conserve your energy dollars while keeping you more comfortable in all seasons.

- Ensure that your home's entire system (i.e., furnace, heat pump, air conditioner) is energy efficient. Leaky ducts decrease the overall energy efficiency of your heating and cooling system by as much as 20 percent. Sealing ducts increases efficiency and lowers your utility bills.
- Seal air leaks in your ceiling, outer walls, windows and floors.
- Add insulation to attic and walls to preserve your home's comfort level.
- Make sure your house can breathe to avoid mold problems.
- Install Energy Star qualified equipment and if you're installing new windows choose windows bearing the Energy Star seal.
- Have your home's heating system checked by a NATE certified technician.

North American Technician Excellence, or NATE, is the nation's largest nonprofit certification organization for heating, ventilation, air conditioning and refrigeration technicians. The U.S. Department of Energy endorses NATE for raising quality standards and energy efficiency. To locate a contractor employing NATE-certified technicians, visit the Consumer Contractor Connection at www.natex.org.



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5: Always **4: Sometimes** **3: Occasionally** **2: Rarely** **1: Never**

Please circle your letter/number grade for the following sections/features of your Lakeland newspaper.

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Overall satisfaction	A	B	C	D	F	Overall satisfaction	A	B	C	D	F
I read the A section	5	4	3	2	1	I read the Lakelife section	5	4	3	2	1
Local News Content	A	B	C	D	F	Feature stories	A	B	C	D	F
I read local news content	5	4	3	2	1	I read Lakelife feature content	5	4	3	2	1
Our Town column	A	B	C	D	F	Pets & People	A	B	C	D	F
I read the local columnists	5	4	3	2	1	I read Pets & People	5	4	3	2	1
School News	A	B	C	D	F	Les On Life column	A	B	C	D	F
I read School News	5	4	3	2	1	I read Leslie Werner's column	5	4	3	2	1
Police Beat	A	B	C	D	F	Flavors food page	A	B	C	D	F
I read Police Beat	5	4	3	2	1	I read the Flavors page	5	4	3	2	1
Local Briefs	A	B	C	D	F	On Stage theater page	A	B	C	D	F
I read local brief items	5	4	3	2	1	I read the On Stage page	5	4	3	2	1
Park District News	A	B	C	D	F	Movie Reviews	A	B	C	D	F
I read Park District briefs	5	4	3	2	1	I read the Singleton's reviews	5	4	3	2	1
Library News	A	B	C	D	F	To Do	A	B	C	D	F
I read Library briefs	5	4	3	2	1	I read the To Do page	5	4	3	2	1
Neighbors profile	A	B	C	D	F	Natural Scene	A	B	C	D	F
I read the Neighbors profile	5	4	3	2	1	I read the Natural Scene page	5	4	3	2	1
Letters to the Editor	A	B	C	D	F	Horoscopes	A	B	C	D	F
I read Letters to the Editor	5	4	3	2	1	I read the horoscopes	5	4	3	2	1
Birth Announcements	A	B	C	D	F	Crossword	A	B	C	D	F
I read Birth Announcements	5	4	3	2	1	I read/do the crosswords	5	4	3	2	1
Hometown Sports	A	B	C	D	F	Bridal Showcase	A	B	C	D	F
I read Hometown Sports	5	4	3	2	1	I read bridal announcements	5	4	3	2	1

SECTION C-Lake County						SECTION D-Sports					
Overall satisfaction	A	B	C	D	F	Overall satisfaction	A	B	C	D	F
I read the Lake County section	5	4	3	2	1	I read the Sports section	5	4	3	2	1
News of Lake County	A	B	C	D	F	Cover stories	A	B	C	D	F
I read Lake County news	5	4	3	2	1	I read Sports cover stories	5	4	3	2	1
Picture of the Week	A	B	C	D	F	On the Sidelines column	A	B	C	D	F
I view the picture of the week	5	4	3	2	1	I read On The Sidelines	5	4	3	2	1
Snap Shots photo poll	A	B	C	D	F	Athlete of the Week	A	B	C	D	F
I read the Snap Shots photo poll	5	4	3	2	1	I read Athlete of the Week	5	4	3	2	1
A Look Back	A	B	C	D	F	Game of the Week	A	B	C	D	F
I read A Look Back	5	4	3	2	1	I read Game of the Week	5	4	3	2	1
Opinions/Editorials	A	B	C	D	F	Super 17 team rankings	A	B	C	D	F
I read the Op/Ed pages	5	4	3	2	1	I read the Super 17 rankings	5	4	3	2	1
Viewpoints	A	B	C	D	F	Team-by-team pages	A	B	C	D	F
I read Bill Schroeder's column	5	4	3	2	1	I read the sports team pages	5	4	3	2	1
Seeing It Through	A	B	C	D	F	Prep Profiles	A	B	C	D	F
I read John Matijevich's column	5	4	3	2	1	I read Prep Profiles	5	4	3	2	1
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I read Letters to the Editor	5	4	3	2	1						
Editorial Cartoons	A	B	C	D	F						
I read the editorial cartoon	5	4	3	2	1						
Around The County	A	B	C	D	F						
I read Around the County	5	4	3	2	1						
LakeLiving	A	B	C	D	F						
I read the LakeLiving page	5	4	3	2	1						
Obituaries pages	A	B	C	D	F						
I read the Obituaries page	5	4	3	2	1						
7-Day Weather	A	B	C	D	F						
I read the 7-day weather	5	4	3	2	1						
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I read the Lottery results	5	4	3	2	1						
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Healthwatch	A	B	C	D	F						
I read the Healthwatch page	5	4	3	2	1						
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We welcome any additional feedback you may have. Thank you for giving us the opportunity to share the stories of Lake County with you. I look forward to reading your responses!



Marc Jenkins
Managing Editor

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Amount of photos	A	B	C	D	F
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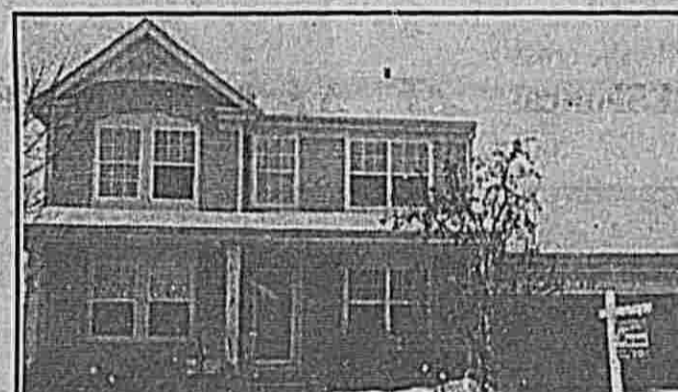
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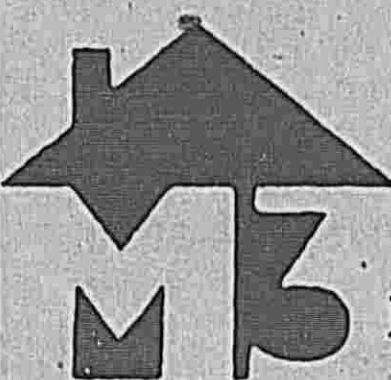


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WALT
KUBALANZA**
Grant Township Assessor
Grant Township Working Together Party

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The Assessor is responsible for keeping the office running efficiently and must be willing to look at challenges with good ideas and attitudes.

I HAVE DONE THIS!

The Assessor must maintain vital and confidential tax records and be free of political ties and ambitions clouding one's judgment.

I HAVE DONE THIS!

I am running for re-election as your Assessor because I understand the need to help all the taxpayers in our community resolve their issues. My wife and I have lived in our Township for 34 years, raised our family here and now our grandchildren are growing up here. I have served as your Assessor for the past four years and I am the right person to continue serving the people of Grant Township.

NO POLITICS, CAUSES OR FAVORITISM

I offer honest work, administrative effectiveness and a commitment to treating everyone uniformly and equally.

**I AM ASKING FOR YOUR VOTE ON APRIL 5TH, SO I MAY
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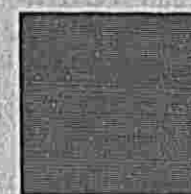
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(847) 395-6230

Fox Lake
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(847) 587-9333

McHenry
5102 W. Elm St.
(815) 385-8630

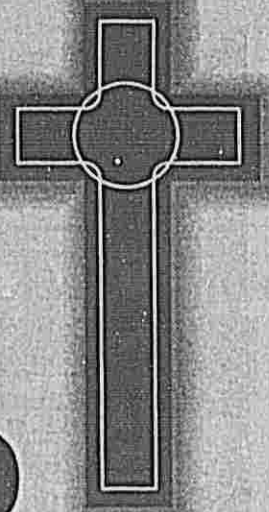
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Wauconda
474 B W. Liberty St.
(847) 526-8877



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So, Jesus rose from the dead...
What does that have to do with me?**

Find out what is so "Good" about Good Friday and how to have a personal relationship with God.

Good Friday Worship Service: March 25, 2005 at 7:00pm
Easter Sunrise Service: March 27, 2005 at 7:00am
Easter Festival Service: March 27, 2005 at 9:00am

Beautiful Savior Lutheran Church
Worshipping at the new
Antioch/Lake Villa Township Center
1625 Deep Lake Rd., Lake Villa
Darald Gruen, Pastor (847) 265-2450
E-mail: pastordgruen@sbcglobal.com

St. Bede Catholic Church
36455 N. Wilson Rd., Ingleside, IL 847-587-2251

Easter Sunday, March 27th
Masses at 7:00 AM, 8:30 AM,
10:00 AM, 11:30 AM & 1:00 PM

**Join us for our
EASTER
CELEBRATION
of Hope**

9:00 & 11:00 AM
Sunday, March 27, 2005

Hawthorn Hills Community Church

We are a 16 year old contemporary, interdenominational Christian church located in Libertyville.

We offer quality nursery care and exceptional children's and student ministries.

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HOLY WEEK AND EASTER AT CHRIST CHURCH

Friday, March 25

- Noon Stations of the Cross
- 7:00 p.m. Good Friday Service

Saturday, March 26

- 7:00 p.m. Easter Vigil and Holy Eucharist

Easter Sunday, March 27

- 7:30 a.m. Holy Eucharist
- 10:00 a.m. Holy Eucharist

Christ Church, Episcopal & Caring Church
410 Grand Avenue, Waukegan, IL 60085
847-662-7081

Bethel Lutheran Church
5110 Grand Ave. • Gurnee, IL
847-244-9647 • Rev. Lee Clark

Holy Week Services
Maundy-Thursday
March 24th 7:00pm

Good Friday March 25th 7:00pm
Easter Sunrise March 27th
6:00am - 8:00m - 10:45am
Easter Breakfast Served
After 6:00 & 8:00am services

St. Johns Lutheran Church
405 West State Route 176 • Island Lake, Illinois
(847) 526-7614

Sunday, March 20 - 9am
Palm Sunday Service

Maundy Thursday, March 24 - 7:30pm
Communion Service includes Stripping or the Altar

Good Friday, March 25 - 7:30 pm
Tenebrae Service of Darkness

Easter Sunday, March 27 -
6:30 am and 9:00 am
Festival Resurrection Services

We would like to share with you the Good News of forgiveness and life won for us through the death and resurrection of our Savior, Jesus Christ.

Chain of Lakes Community Bible Church
Holy Week Event Schedule
43 W. Grass Lake Road
Lake Villa, IL 60046
(just east of route 83) 847.838.0103

March 20-Palm Sunday Service
9:30 & 11:00 AM
"The Great Resurrection Debate"
CCN Live Satellite Presentation
5:00-7:00 PM

March 24-"Journey to the Cross" Prayer Walk
6:00-9:00 PM by Reservation
RSVP: 847.838.0103

March 25-Good Friday Service 7:00 PM

March 27-Easter Sunday
Sunrise Service 6:00 AM
Pancake Breakfast following
Services 9:30 & 11:00 AM

Easter 2005

**Lord of Glory
Lutheran Church**

"A Real Church for Real People"

Easter Services
8 a.m.
Traditional
10:30 a.m.
Contemporary

Church of the 3 Crosses
607 W. Belvidere Rd.
(Rt. 120)
Grayslake, IL.
Pastor Brauer
847-548-5673
www.lordofglory.org

**CALVARY
PRESBYTERIAN CHURCH**

EASTER SERVICES:
7:30 AM
9:30 AM
11:00 AM
Sunday School
9:30 & 11:00

Rev. Lisle J. Kauffman
510 Cedar Lake Road • Round Lake, IL
847-546-4444



**Century Assembly
Of God**

Aaron Malusky - Pastor
1401 S. Lake Street
Mundelein, IL 60060

9:00 am ... Sunday School
10:00 am ... Morning Worship & Children's Church
Easter Sunday 10:00am
Easter Egg Hunt!!
10:00 am ... Easter Sunday
7:00 pm Tues ... Youth Group
7:00 pm Wed ... Adult Bible Study
Missionettes & Royal Rangers
(for boys & girls of all ages)

Church Line 847-949-4850

St. Mark Lutheran Church
1822 E. Grand Ave., Lisle, IL
847-356-8140 www.smlc.info

Holy Week Schedule:

3-20 Palm Sunday Services-Traditional at 8am & Contemporary at 11am (both with Communion)

3-20 A viewing of "The Passion of the Christ" 5pm in the Education Center

3-24 Maundy Thursday-7pm "A Living Last Supper" portrayal (with Communion)

3-25 Good Friday Services-3pm and 7pm

3-27 Easter Services-Sunrise Worship at 6am (followed by a buffet breakfast), 9am & 11am (all 3 services with Communion)

Transfiguration Parish invites you to "Catch the Spirit" RECONCILIATION (Confession)
Wednesday, March 9th, 7:30pm
Saturday, March 19th, 10-11:30am
Monday, March 21st, 10-11:30am and 6:30-8pm

HOLY THURSDAY, March 24
7:30pm-Tri-lingual Mass of the Lord's Supper
GOOD FRIDAY, March 25
12:00 Noon-Rosary
12:00 Noon-Tomb of Jesus-Old Church
1:30pm-Children's Storytime
3:00pm-Shadow Stations of the Cross
5:00pm-The Lord's Passion in Polish
7:30pm-The Lord's Passion in English and Spanish

HOLY SATURDAY, March 26
11:00am-Food Blessing in English and Spanish-PLC
1:00pm-Food Blessing in Polish-PLC
No. 5 or 6:30 PM Masses
7:30pm-Easter Vigil Tri-lingual Mass

EASTER SUNDAY, March 27
5:30am-Polish procession and Mass
7:30, 9:30 & 11:30am-English Masses
1:30pm-Polish Easter Mass
3:00pm-Spanish Easter Mass

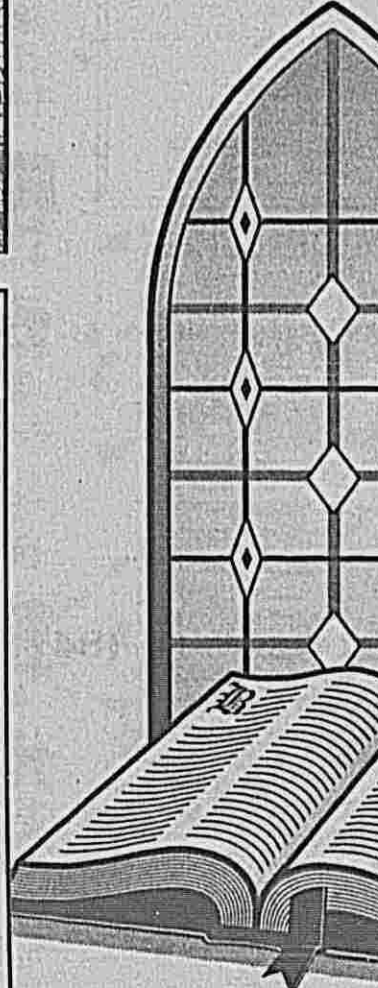
EASTER MONDAY, March 28
7:30pm-Polish Mass

All Services are in the Main Church and in English unless otherwise noted.
Fr. Tom Enright, Pastor-Fr. Jan Kaplan, Associate Pastor
Transfiguration Catholic Church
348 W. Mill Street (at Route 176) - Wauconda
847-526-2400-Fax 847-526-2961
website: www.transfig-wauconda.org
E-mail: parish@transfig-wauconda.org

**St. Paul Evangelical
Lutheran Church**
420 Greenwood Dr.
Round Lake Park, IL 60073

9:00am - Sunday Service
10:30am - Bible Study, Teen Study,
Sunday School

Rev. Robert Meiselwitz
Maundy Thursday Service
7:00pm March 24
7pm Good Friday - Tenebrae
Easter Sunrise Service: 6:45am
Easter Festival Communion 9:00am
Easter Breakfast Between Services
847-546-4685



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REMAIN ANONYMOUS

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www.co.lake.il.us/crimestoppers WWW.LAKECOUNTYMEG.ORG

A new billboard, put up by Lake County Crime Stoppers, Lake County Metropolitan Enforcement Group, Rust-Oleum Corporation and Clear Channel in Waukegan to help promote public awareness of crime.

Crime Stoppers unveils new community policing projects

Lake County Crime Stoppers, Lake County Metropolitan Enforcement Group (MEG), Rust-Oleum Corporation and Clear Channel have teamed up again to create a new awareness billboard with a dual focus this year.

This is the second in a series of billboards to promote public awareness. The billboard is located on the northeast corner of Washington and West Streets in Waukegan.

This site was selected as its location is in close proximity to the Lake County Courthouse and will be viewed by many. This ties in with our other programs such as our DVD Crime Prevention Video, which is in the process of being distributed to selected schools and all Law Enforcement agencies in Lake County.

The billboard is communicating to the general public that two of the most prevalent crimes facing communities are the ever changing tactics used by drug dealers and child molesters.

This year's billboard depicts youths facing an Internet web page with flashing

alarming statistics (One out of five children are solicited sexually on line, and six out of 10 children are solicited for illegal drugs) and the surrounding areas of the billboard is a call out of parents, educators and concerned citizens, whereas to be aware, protect your kids, get involved, remain anonymous.

These programs were a collaboration of Lake County Crime Stoppers, Lake County Metropolitan Enforcement Group (MEG), Lake County Sheriff's Department, Grayslake Police Department, Vernon Hills High School, Lakes Community High School as well as some students from both Antioch and Vernon Hills High Schools.

Roycealee J. Wood, Regional Superintendent of Lake County Schools handled the distribution of the DVDs to the schools after she reviewed the project and felt its merit and noteworthiness for the schools of Lake County.

Waukegan Chief of Police William A. Biang played an extensive roll in assisting with the billboard.

Want to adopt a highway? Program applications now being accepted

Business, civic, social, youth and not-for-profit organizations looking to volunteer for the good of their community can adopt a highway from the Lake County Division of Transportation. The program allows groups to work together as a team, twice a year, to pick up litter on both sides of their adopted stretch of county highway. Groups develop teamwork, promote their organization and provide a valuable public service to the community.

Adopt-a-Highway is particularly suited to environmentally conscious organizations and citizens. The program provides an opportunity for these groups to make a personal contribution for a cleaner environment.

Adopt-a-Highway volunteers have removed litter from 250 sections of Lake County highways. Thanks to their efforts, the organizations have improved the appearance of the county's highway system.

"With over 298 centerline miles of county highways, Division of Transportation highway workers cannot keep up with the amount of litter people generate," said Director of Transportation/County Engineer Marty Buehler. "We need volunteer efforts of citizens and organizations to help keep our roadways clean. We're extremely grateful for their efforts

in the past and look forward to working with new groups in the future."

The Lake County Division of Transportation provides participating groups with high-visibility vests, trash bags and safety information. Groups are recognized on roadway signs placed along their adopted stretch of highway.

Past participants include groups such as Motorola, Wauconda Fire Department, North Shore Snow Seekers Snowmobile Club and Great Lakes Naval Hospital.

Applications for the Adopt-a-Highway program are available by calling the Lake County Division of Transportation at (847) 362-3950.

Completed applications for the program should be sent to the Lake County Division of Transportation offices, 600 W. Winchester Road, Libertyville, IL 60048. Adopt-a-Highway applications are due by January 18th, 2005 for the spring program. Participants must be at least ten years of age. Participants younger than 18 years of age must have adequate adult supervision.

For further information, please visit the Division of Transportation on the Lake County Web site, located at www.co.lake.il.us.

Clerk to close on election day

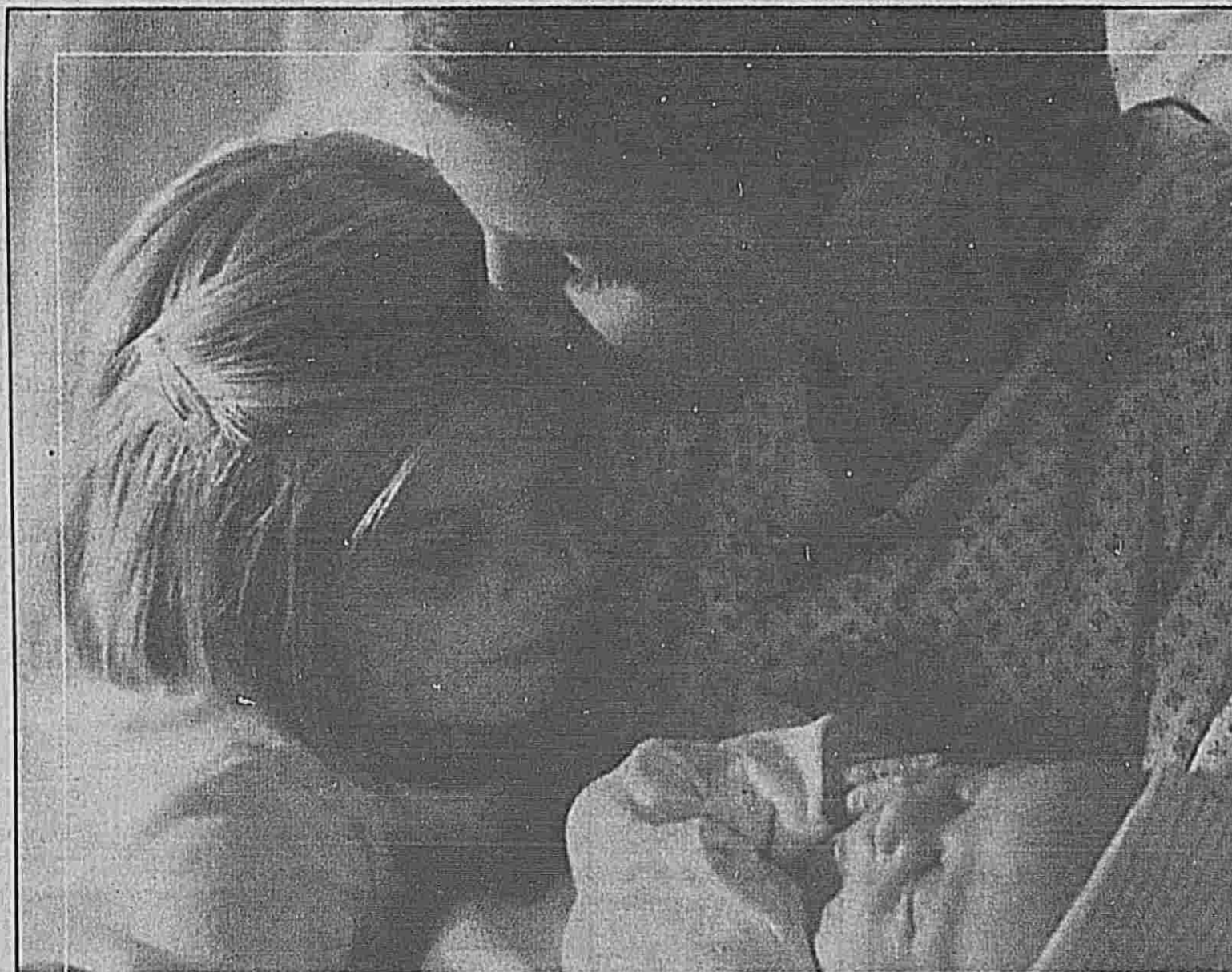
Lake County Clerk Willard Helander announced that the Vital Records and Tax Extension departments in the Lake County Clerk's office will be closed for walk-in customer service and non-election telephone calls on Tuesday, April 5 for the Consolidate Election. Due to the limited number of full time staff and with the increasing number of voters served, every County Clerk staff member is needed for election support.

All departments will re-open for service as usual on Wednesday, April 6 at 8:30 a.m. Emergency need occurring on Election Day should be directed to the County building's main number at 847-377-2000.

Southlake to break ground

The College of Lake County will host a groundbreaking ceremony for the new Southlake Educational Center Classroom Building in Vernon Hills, at 4 p.m. on Tuesday, March 22 at the Southlake Educational Center, 1120 S. Milwaukee Ave. in Vernon Hills.

The groundbreaking program will include remarks by Dr. Gretchen Naff, president of the college; William M. Griffin, chairman of the CLC Board of Trustees; Roger L. Byrne, Vernon Hills village president; Wendy Brown, chair of the college's faculty senate; and James Belmont, chair of the college's Southlake community advisory committee.



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Lake Forest
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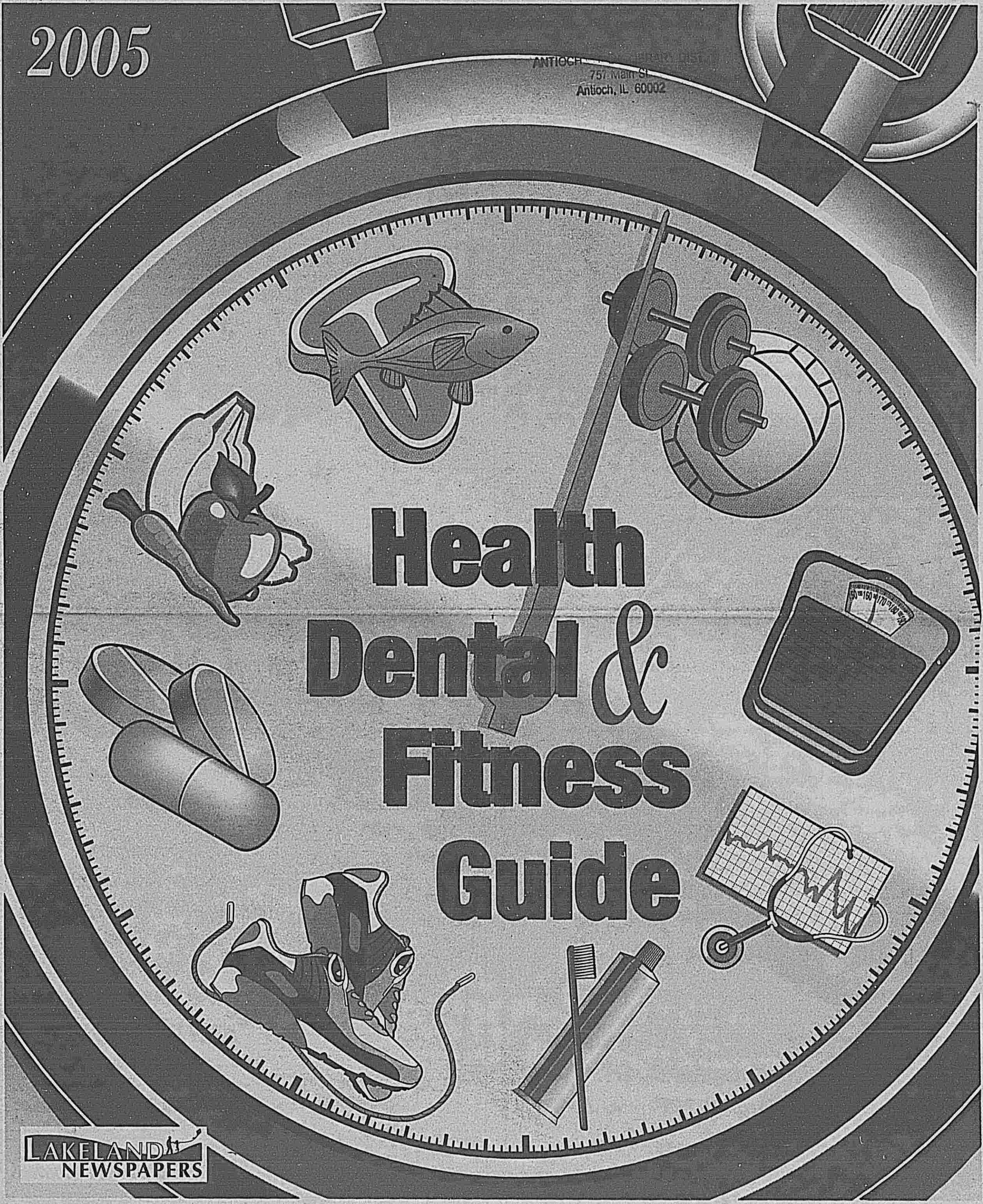
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*America's leading patient satisfaction survey dated second quarter 2004.

2005

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Health Dental & Fitness Guide

LAKELAND
NEWSPAPERS

Fertility Centers of Illinois (FCI) gives couples hope to build families

For the 6.1 million American women and their partners who have difficulties conceiving, there is hope by visiting one of the largest and most comprehensive fertility centers in the nation, located in the heart of Chicagoland.



Angeline Beltsos, MD

Fertility Centers of Illinois (FCI) provides advanced fertility treatment and services to thousands of patients each year. FCI's ten physicians are a nationally recognized group of reproductive experts who collaborate with each other to stay current on the latest technology and procedures.

"We offer a wide, comprehensive range of fertility solutions, from the simplest, least invasive procedures, such as intrauterine insemination (IUI), to more advanced reproductive treatments, such as In-Vitro Fertilization (IVF), and Preimplantation Genetic Diagnosis (PGD), using state-of-the-art laboratory technology," explains Angeline Beltsos, M.D., currently seeing patients in FCI's new office located at Emerald Square in Lindenhurst. In all, FCI performs over 2,500 IVF cycles per year, and its success rates are recognized among the best in the nation.

Coupled with offering the most innovative procedures, FCI provides patients with high-quality, individualized, personal attention

throughout every step of the fertility process. Their primary goal is to make the treatment experience the most efficient and least stressful for patients.

FCI patients also have access to many other unique support services such as professional counseling from a licensed clinical psychologist, patient advocate services, and innovative financing options. FCI's eight offices are conveniently located throughout the Chicago area, including Buffalo Grove, Chicago - River North, Crystal Lake, Glenview, Highland Park, Hoffman Estates, Lindenhurst, Naperville, Oakbrook Terrace and Orland Park.

FCI has two IVF labs located in Highland Park and at River North in Chicago, offering patients progressive solutions with world-renowned embryology experience, new research techniques and extensive lab equipment. The Highland Park IVF Center, led by Edward Marut, M.D. is located in the Medical Office Building adjoining Highland Park Hospital and earned the reputation of having achieved the first pregnancy and live-born infant in Illinois through the use of IVF. The Highland Park IVF team was also the first in the Midwest to achieve a pregnancy and live-born infant through the use of ultrasound guided egg retrieval, and pioneered the extended use of advanced IVF techniques such as Intracytoplasmic Sperm Injection (ICSI) and Assisted Hatching (AZH).

For more information, visit: <http://www.fcionline.com> or call 1. 877. FCI-4IVF

Hillcrest Nursing Center strives to provide best care

Hillcrest Nursing Center of Round Lake Beach is the most respected name in exceptional senior care. Joel Crabtree, Admission/Marketing Director for Hillcrest states, "Our objective has always been to

provide the best care to our residents and support for the families we serve." Hillcrest has always been there for the community; perhaps someone just has a question regarding senior care or needs help with alternative health care arrangements.

"We have always provided the highest standard of care with a personal touch. The Hillcrest family environment and caring staff ensures a positive transition into a new setting. Our dedication to ensuring your loved ones quality of life is seen daily by our encouragement of their involve-

ment in a variety of programs. Pet therapy, Bingo, holiday celebrations, and many enjoyable outings are just a few of the activities we provide."

"Our admissions department is available 24 hours per day, and also offers a support network for seniors in the community. We work closely with Catholic Charities, Office of the State Guardian, and the Lake County Public Guardian to assist you with any situation. At Hillcrest, all 142 beds are Medicaid certified. This allows us to serve a greater number of individuals in the community, regardless of their financial situation. We look forward to our continued relationship and are here to assist you as needs arise.

Crabtree also states, "We never forget that we are here to help those in need." You may call Hillcrest at 847-546-5300.



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"Congratulations on having such a great facility!"
- Lake Co. Nursing Home Admissions Director, 1999

"Thank you for all the little things you do for Mom."
- Family of resident, 1999

"It gives us great comfort knowing she is happy."
- Family of resident, 4.15.03

"Mother thinks of you as her second family. She loves all of you."
- Family of resident, 9.24.03

March 11, 2005
Hillcrest Nursing Center
1740 N. Circuit Drive
Round Lake Beach, IL 60073

To Whom It May Concern:

Our office would like to thank you for all the extra effort and time afforded many of our patients in their hour of need. Such was the case when one of our patients needed to be cared for early on Friday evening. Joel Crabtree went out of his way to make sure that our patient had a safe place to stay and be taken care of while his wife was admitted to the hospital. These extra efforts are certainly not taken for granted. Once again, thank you for caring so deeply for the elderly.

Sincerely,
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Dr. Ira F. Fenton
Dr. Neil B. Perlman
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Fall - October
Friday 4- 10 p.m.
Saturday/Sunday Noon - 10 p.m.
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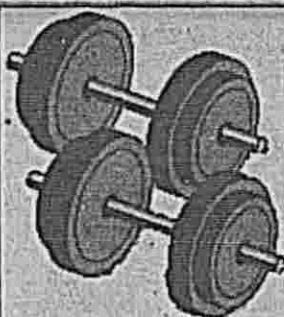
Whether you want to take your game to the optimal performance and competitive level or you just enjoy hitting golf balls for family fun and recreation, our highly trained and service orientated staff will assist you in making your time spent at the GLC a pleasurable and rewarding experience.

Come spend an hour on an afternoon and see why the GLC is every golfer's first choice in practice, lesson program and pro shop merchandise services!

Hours of operation
October - November

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Hours are subject to change

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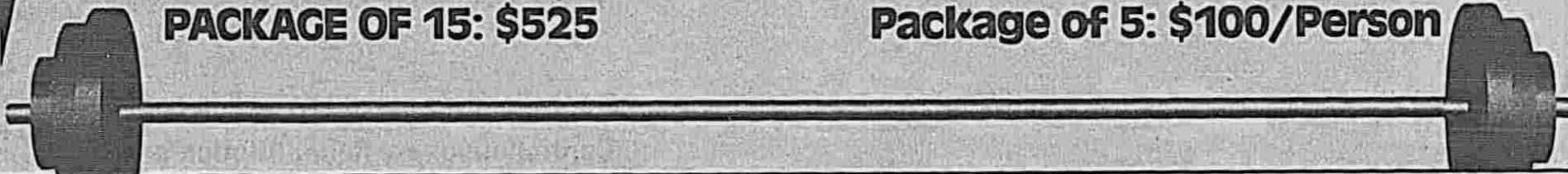
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For more information, contact Jodi Thors at

847 • 367 • 2900

jthors@libertyville.com

Check out our website at: www.libertyville.com

Popular technique brightens your smile

Most people want to put their best face forward. Millions of dollars are spent each year on clothing, hairstyles and cosmetics. A healthy, bright smile is also an important component of looking good.

Porcelain veneers, also known as porcelain laminates or dental veneers, are a viable option to refresh and repair an imperfect smile. Now a household name due to the hit television series, "Extreme Makeover," porcelain veneers offer a dramatic change that is sending people straight to the dentist's chair.

What are veneers?

Porcelain veneers are wafer-thin shells of porcelain that are bonded onto the front side of teeth to make a cosmetic enhancement to their appearance. Porcelain veneers are routinely used to improve teeth that are discolored, worn, chipped or misaligned. Although porcelain is inherently brittle, when it is firmly bonded to a sturdy substructure (a tooth), it becomes very strong and durable.

Advantages of Porcelain

There are two distinct traits that make porcelain veneers viable options over other kinds of tooth-bonding procedures. First, they offer a life-like tooth appearance. A tooth's outer enamel shell is actually translucent — allowing light to penetrate and reflect off the inner tooth structure. This creates an appear-

ance of depth. Porcelain veneers are also translucent, allowing for similar results. Second, because the veneers are made of porcelain — a glass-like ceramic — they are smooth and generally impervious to staining. This makes them ideal for tea or coffee drinkers who face problems with tooth discoloration.

Porcelain veneer uses

Porcelain veneers can be used to treat imperfections in the mouth, including repairs to chipped or worn surfaces on teeth; to cover fillings that have discolored; or as an alternative to orthodontic work by filling in gaps between teeth.

Application process

The application of porcelain veneers is generally a painless process. The first step is shaving off a small amount of enamel to accommodate the veneer. Then a mold is taken of your teeth. Your dentist may use a putty mold, which is then sent out to a lab to hand-create your veneers — taking approximately one to two weeks. Or the dentist may be equipped with a dental milling machine.

These machines are attached to a camera that can optically take an impression of your tooth. From this image, the machine can subsequently create your veneer by grinding it out of a block of dental ceramic ("porcelain") in minutes. The obvious advantage of this technique is that a tooth can be trimmed and the

veneer bonded into place, all in one visit.

The next step is roughly placing the veneers on your teeth to get an idea of size and shape. You will discuss if the veneers are what you expected. The color of the veneers can be adjusted by the shade of cement used.

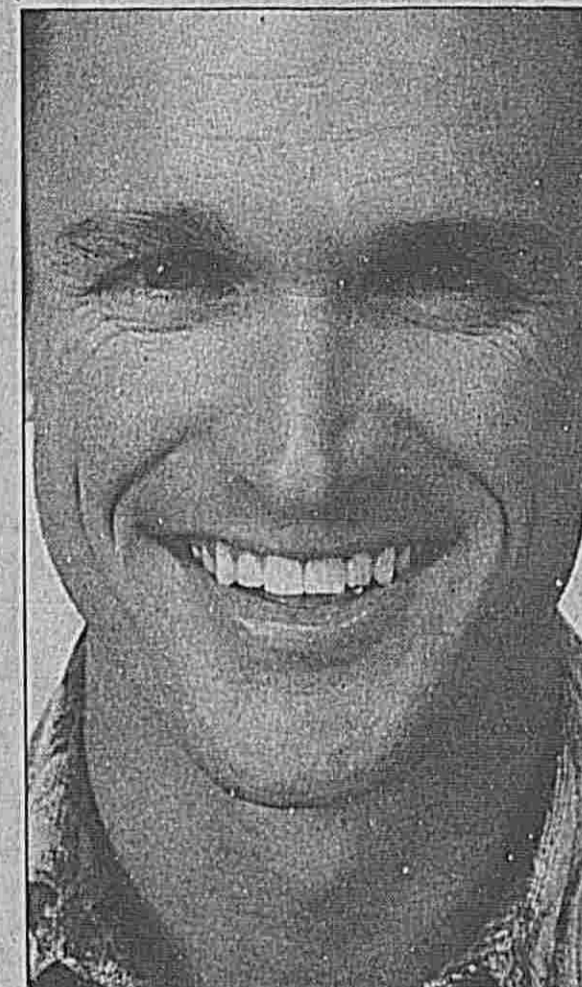
Once sized, the enamel on the existing tooth is cleaned and etched slightly with an etching gel to ensure a better-bonded hold. Cement will then be placed into the veneer and the veneer will be placed on your tooth. Your dentist will ensure that the veneer is in its proper place and then cure the cement, usually by shining a special light. This light (which is often blue) passes through the translucent veneer to the cement which lies underneath.

The light activates a catalyst in the cement, causing it to cure in just a few moments.

At this point, the porcelain veneer is securely bonded into place. Excess cement will be removed and you and your dentist will decide how you feel about your new look.

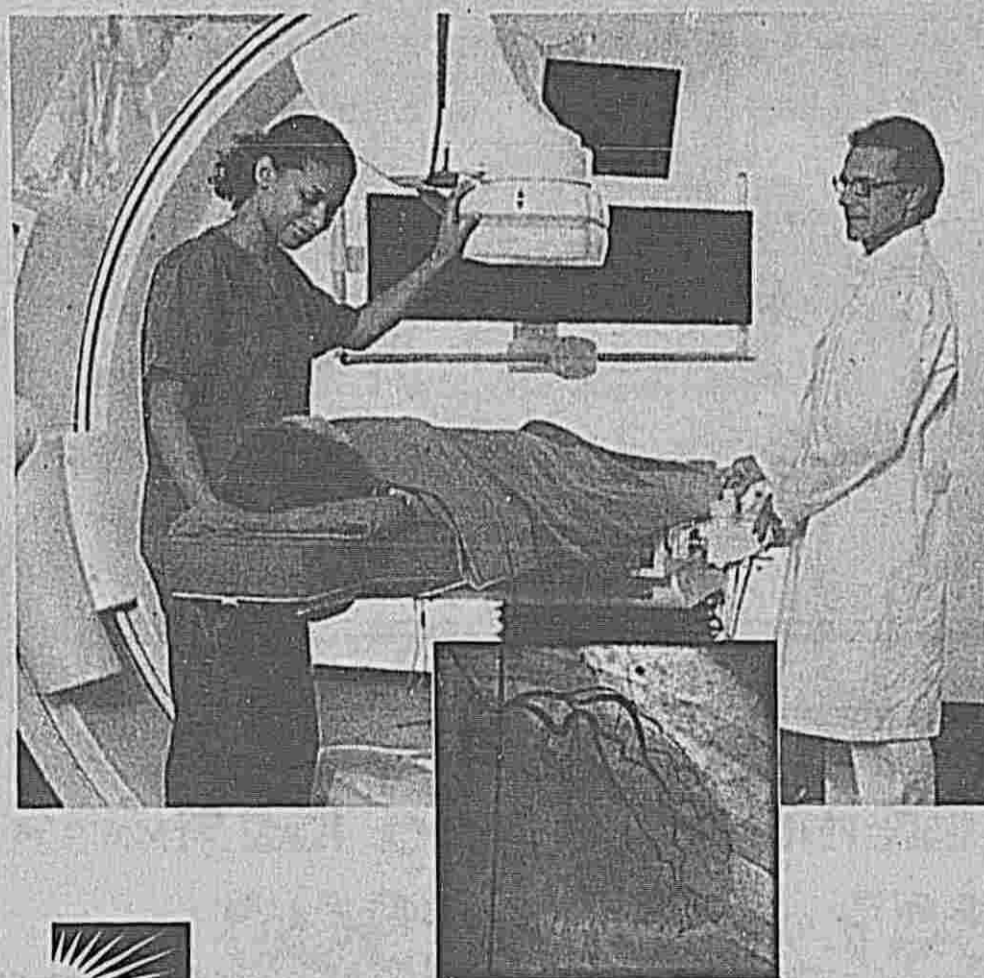
Veneer maintenance

Just as with teeth which are not covered by veneers, good oral hygiene is key to maintaining porcelain veneers. Proper flossing and brushing with a non-abrasive toothpaste will protect both the veneer and the parts of the tooth not covered by the veneer. Because the veneer edge lies directly at your gumline, it is essential to pay close attention to this area to prevent plaque build-up and gum deterioration.



UNHAPPY WITH YOUR SMILE? Enhance or change your teeth with popular porcelain veneers.

Great People Taking Your Health to Heart...



Heart disease is the number one killer of men and women in the U.S. Over a decade ago, the first cardiac catheterization laboratory in Lake County was opened at Vista Health's Victory Memorial Hospital, Waukegan. In February, 2005, following years of successful procedures in a cath lab setting, we opened a **second, dedicated cardiac catheterization lab at Victory Memorial Hospital**. The new lab offers services such as elective angioplasty and electrophysiology with flat plate imaging technology, allowing physicians to view images under fluoroscopic x-ray with high definition.

Adjacent to the dedicated cardiac catheterization lab is an **expanded Phase II Cardiopulmonary Rehabilitation area**. The entire Cardiac Services area has its own entrance and parking area, an added convenience for our patients.

At Vista Health, our patients and their health are our number one priority. And we take that commitment to heart.



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Advanced Health & Acupuncture Center now offers non-invasive acupuncture techniques

Q. What is acupuncture?

A. Acupuncture is a 5,000 year old Chinese system of natural healing (No drugs...No surgery), which is concerned with restoring proper energy flow to the various organs, glands, and tissues of the body on the premise that most diseases are the result of malfunction due to disrupted energies.

Explanation: The Chinese definition of Health is "All parts of the body are functioning normally," all 400 trillion parts. If there is an interruption of the transmission of energy flow of life force (called the Ch'i in Chinese), then organ malfunction, disease, pain and suffering are inevitable.

Q. Where does the interruption of energy flow occur?

A. In either or both locations: (1) In the channels of energy flow, which are located through the body, just beneath the skin surface; (2) In the spinal column where vertebrae may become misaligned, thereby compressing vital nerve trunks.

Q. Are there other causes of disease besides those associated with the interference of the transmission of energy flow?

A. Yes, of course. Psychosomatic states, hereditary factors, poisons, adverse environmental conditions, injury, germs, mal-

nutrition, etc. are all disease producing.

Q. How do you detect the disturbance in the energy flow within a patient?

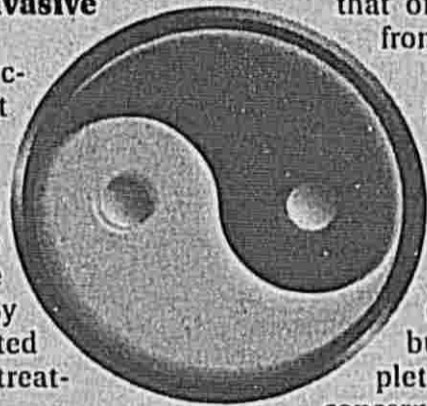
A. By many methods, including certain signs, symptoms, pain spots, organ reflex points, and by pulse or instrumental findings.

Q. What is non-invasive acupuncture?

A. This non-invasive acupuncture treatment (electroacupuncture) is performed with electrical stimuli on the key meridian points of the body where key energy flow points are used to produce results. By reading results of stimulated pressure points, proper treatment can be determined.

Q. What are some of the conditions commonly treated by acupuncture?

A. Textbook listed conditions run into the hundreds. Typical ailments usually responding to acupuncture health care includes: headaches, tics, spasms, muscular rheumatism, shoulder and arm pain, tennis elbow, osteoarthritis, rheumatism, ulcers, stomach problems, diarrhea, hepatitis, asthma, bronchitis, shortness of breath,



coughs, certain types of heart trouble, abnormal blood pressure, hemorrhoids, bladder irritation, bed wetting, certain kidney problems, female disorders, impotence, glaucoma (sometimes), weak eyesight, hay fever, loss of smell, tonsillitis, loss of hearing, skin conditions, and even nervous or psychiatric factors based on the fact that often mental problems arise from physical disorders.

The above list may seem long as though acupuncture were a Panacea. The truth is that most textbooks list over two hundred diseases. Please be mindful of the fact that acupuncture is not like one drug used for one condition, but on the contrary it is a complete healing art within itself, concerned with the systems of the body such as nerves, circulatory, digestive, respiratory, eliminatory, reproductive, hormonal, musculoskeletal, etc. and seeks to correct health problems within those systems.

Q. Out of, say, 10 patients accepted for acupuncture health care, how many usually respond favorably?

A. On the average, 8. Two out of ten fail to respond favorably for a variety of reasons.

Advanced age, severity of the condition, irreversible tissue damage, etc. are deterrents to recovery.

Q. Are spinal adjusting treatments necessary with acupuncture?

A. Absolutely. Spinal adjusting is part of the acupuncture health care. World authorities, including Feliz Mann, M.D. of England; Paul Nogier, M.D. of France, and Kunzo Nagayama, M.D. of Japan are very emphatic on this aspect of "getting well". Dr. Mann states that many internal diseases are cured by the spinal adjustment alone. Leaving the adjustment (chiropractic) out of the treatment plan invites failure.



Dr. Jeffrey Wells, D.C.

For more information on this new non-invasive (no needle) acupuncture procedure, please contact Dr. Jeffrey Wells at Advanced Health Care and Acupuncture Center located at 2450 Grass Lake Road, Lindenhurst, Illinois, 847-245-3202.



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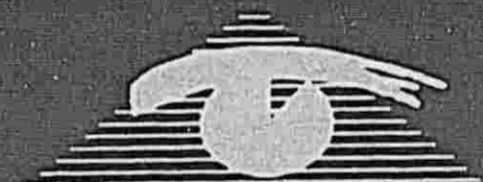
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Cancer Treatment Centers of America (CTCA) is a national network of hospital and clinics offering comprehensive, integrative cancer care. At CTCA, our goal is to be the most progressive and innovative of hospital systems in the country by offering a wide range of options to our patients. We provide care to patients by fighting their disease on all fronts. To achieve this goal, CTCA integrates traditional and leading-edge medical treatment and technologies with science-based complementary medicine. All of these therapies are delivered in an environment that is patient-centered, offering hope and compassion to both the patient and their families.

Our doctors care

Doctors from around the world bring their expertise in breakthrough treatments to our program at CTCA. As a result, we place higher emphasis on our quality of patient care. Many of our specialists are triple-board-certified. And they are not only experts, they have a heart. They take the time to listen to you. To explain. And to involve you in your treatment, which may include, in addition to traditional medical therapy, treatment options available at only a handful of the nation's most advanced cancer hospitals.

State of the art technology

TomoTherapy offers the most accurate

and precise radiotherapy available and CTCA is among the first in the country - the only site in Illinois - to offer it. The TomoTherapy Highly Integrated Adaptive Radiotherapy (HI-ART) system, a radiation treatment device more integrative than standard linear accelerators, offers a host of advantages including smaller, more precise beams, better targeting of tumors, and dramatically limiting radiation exposure to healthy surrounding tissue.

Traditional therapies can only project radiation onto the tumor from a few different directions. The TomoTherapy system can pinpoint the tumor and deliver radiation from a 360-degree radius, reducing exposure of healthy tissue to radiation and reducing side effects for patients. It also allows treatment of some patients who would be otherwise untreatable, such as those who have reached their maximum tolerance dose with traditional radiation, as well as others who have tumors in sensitive areas that may be untreatable with older technology.

Some of our other treatment options include:

High-Dose Rate Brachytherapy - Targets radiation directly to the site of a tumor or to an area surrounding a lumpectomy while sparing healthy tissue. For breast, lung, prostate and gynecological cancer.

Fractionated Dose Chemotherapy - Maximizes the intensity and effectiveness while minimizing side effects.

Stem Cell Transplantation and Cell Therapy - Destroys cancer cells and maintain the body's bone marrow defense system, through the use of very high doses of chemotherapy and stem cell rescue.

Intra-Arterial Infusion - Administers chemotherapy directly to the pancreas, liver, head and neck, via splenic and hepatic arterial approaches.

Local Hyperthermia - Uses the heat of ultrahigh frequency sound waves directed toward the tumor to destroy cancer cells, and to make them more susceptible to other forms of treatment.

Immunotherapy - Uses the body's own naturally occurring defense substances to destroy cancer cells.

Intensity Modulated Radiation Therapy (IMRT) - Delivers high doses of radiation to



hard-to-reach tumors, such as in the brain, head and neck areas, while sparing healthy tissue.

Photodynamic Therapy (PDT) - Destroys tumor cells through the use of a light-sensitive drug, activated by a low light energy laser. For esophageal, early-stage lung cancer and several other types of cancer.

Comprehensive Hepatic Center - Offers tumor ablation, chemoembolization, regional biologic therapy, radiation therapy and research for living cancer patients. One of the few facilities in the country to offer such a program.

Personalized nutritional programs

When you choose one of our hospitals, you'll be introduced to a doctor of naturopathic medicine and an experienced nutritionist who will be part of your team. They will formulate a customized therapeutic dietary program, including vitamin and mineral supplements, to meet your specific needs. Your nutrition program will be designed to stimulate your immune system to fight your disease, and to enhance your own body's fighting ability. Nutritional therapy also strengthens your physical well-being, and has been shown to decrease the side effects of certain treatments and add to the quality of your life.

Physical therapy 'Motion for Life'

We believe you shouldn't have to feel worse to get better. Our proprietary physical therapy program "Motion For Life" is designed to strengthen muscles and maintain a level of physical activity that will overcome the weakness and energy loss some individuals experience during treatments. Your physical therapist is part of your treatment team and will work with you to create a simple exercise program that meets your individual needs. The benefits of "Motion For Life" can extend for a lifetime. Continuing your prescribed program

at home can help you remain active and do the things you want to do.

Emotional support, psychological counseling

Cancer affects more than the individual. It affects everyone in the family. Our professional staff of specially trained counselors and psychotherapists helps you and your family to use that part of yourselves that is best able to cope with this profound change in your lives. They bring compassion and understanding to the fears, anger and hope expressed by you and your loved ones. The therapeutic relationship also helps you fight your disease. Your treatment team includes people who have specialized training in psychoneuroimmunology (PNI). Through this form of therapy, you learn to use your psychological resources to enhance your inner well-being, which may stimulate your immune system to help you better fight your disease. At Cancer Treatment Centers of America, our treatment options help you fight back with everything you've got.

Spiritual Support

Available for patients and their families, our on-site support program respects each patient's religious beliefs. Our interdenominational chaplains will visit you as often as you like, or we'll arrange visits from clergy of your own faith. Ecumenical services are held on-site. A specially trained member of our clergy will become part of your treatment team. During therapy, emphasis is placed on using the patient's religious beliefs as part of the defense system that enhances the patient's inner well-being, so the body is more responsive to the medical treatment.

If you or someone you love has been diagnosed with cancer, call one of our cancer information specialists to explore the innovative treatment options available at our hospitals.

For personal service, call
Doug White
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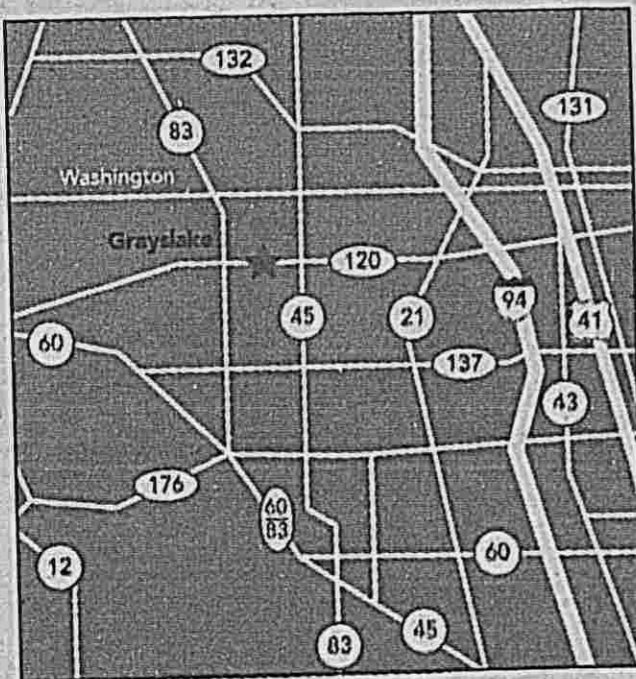


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Birth to Three and Beyond committed to providing quality therapy

Therapists at Birth to Three and Beyond Pediatric Therapies, are committed to providing quality therapy that will give each child optimal developmental opportunities as they grow.

The therapists:

Carol R. Bettendorf, PT, MS, PCS: physical therapist

Kathy Ferri, BS, COTA/L, DT, CIMI: certified occupational therapy assistant, developmental therapist and licensed infant massage therapist

Laura Houston, MA, CCC-SLP/L: speech and language pathologist

Anita Johanson Maddox, MA, DT, LCPC: developmental therapist and licensed clinical professional counselor

Kelly Ruby, PT: physical therapist

John Statza, PT, MS: Physical therapist

Joyce Twardock, MA, CCC-SLP/L

Kristen Tierney, BS, OTR/L

The therapists have over 55 years collective experience in working with infants and children.

Birth to Three and Beyond Pediatric Therapies is located in downtown Lake Villa. The phone number is 847-265-7300.

Evaluations and treatment provided

Fine and gross motor neuro-developmental treatment

- (NDT) certified therapists

- Feldenkrais® method
- Craniosacral therapy
- Myofascial release

Infant massage therapy

- Certified infant massage therapist
- Improve motor skills
- Improve sensory integration and processing
- Improve overall processing and cognitive abilities
- Reflexology

Speech and language

- Oral-motor/feeding evaluations and therapy
- Newborn/infant feeding evaluations
- Verbal dyspraxia/apraxia of speech
- Speech dysfluency/stuttering

Autism and pervasive developmental disorder

- Theraplay® certified therapists
- Stanley Greenspan approach
- Sensory integration and processing
- Therapy certified therapist
- Here I Am: socialization/interaction opportunities

Cognitive function

- Developmental therapy developed to meet the individual child's needs

Behavior/interaction concerns

- Theraplay® certified therapists provide therapy to address parent-child relationships and attachment difficulties

Lilac Apartments provide seniors with the elegant housing they deserve

Lilac Apartments offers adults age 55 and older housing with the elegance and style they deserve. Georgian architecture, highlighted by red brick, arched windows and a majestic columns, lends a classic appeal to this beautiful building. Inside and out, style and function are combined to create a bright, cheerful environment designed for mature residents.

Quality craftsmanship is the hallmark of Lilac Apartments, constructed to meet ADA specifications and current fire code requirements. All 105 units are handicapped adaptable. A locked telephone entry system provides safety and security. Seniors have a choice of five apartment layouts, ranging from 665 square feet to 959 square feet. Monthly rental rates include heat and water and no endowment or entrance fees are required.

Two multi-purpose lounges, with fireplaces, add to the cozy atmosphere at Lilac. Other common areas include a craft room, card and game room and a sundeck. Great care has been taken to preserve the six-acre park-like setting. A one-half mile paved walkway winds through acres of natural greenery and towering trees.

Because Lilac Apartments qualify for the Federal Affordable Housing Tax Credit program, the rent will remain "affordable" by federal guidelines for 30 years to those who qualify. For more information or to arrange a tour, call Karen at 847-587-8830.



Over 55 Years of Collective Experience With Infants and Children



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An Association of Independent Practitioners

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- Oral Motor/Feeding Development
- Fine Motor Development
- Speech & Language Development
- Autism & PDD

- Socialization Groups
- Behavior Concerns
- Cognitive Development
- Parent Support Groups
- Speech & Language Groups



For More Information Call 847-265-7300

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Hours: Mon-Fri 8am-4:30pm • Some Evening Hours Available

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www.lilacapt.com



Ground-breaking vision technology minimizes need for glasses

Jacksoneye, located at 300 N. Milwaukee Ave., Suite L in Lake Villa, is the first Illinois site to insert the new FDA-approved accommodating intraocular lens implant since November 2003. This new class of visual enhancement is the only accommodating intraocular lens that allows patients to focus automatically and seamlessly at all distances.

The "Crystalens" is the result of more than 14 years of research and development by J. Stuart Cumming, MD. Early in his research, Dr. Cumming noted that the ciliary muscle in the eye did not stop functioning in older patients. Therefore, he created a lens that works by moving in a backward and forwards motion along the axis of contraction of the ciliary muscle. This muscle is responsible for focusing the eye in younger patients. As a result, patients experience the vision they had when they were younger, which can be achieved for most without the hassles of corrective lenses.

In contrast, the standard intraocular lenses restore only distance vision, causing patients to require glasses or contacts to see up close and all points in between. "Most people don't realize how much vision occurs at arm's length and at in-between distances," Cumming said. "In-between vision means that you can sit at your computer, read a magazine or engage in a hobby, even use a golf scorecard in most cases without corrective lenses."

There are approximately 20.5 million

Americans ages 40 and older suffering from cataracts, a significant portion of whom are candidates for the Crystalens implant. During clinical trials the need for glasses in patients where both eyes were implanted was greatly reduced.

Mitchell Jackson MD., director of Jacksoneye, is excited to bring this technology to his patients, many of whom are frustrated by an inability to read the numbers on their cellular phones, the score on their golf cards or the appetizer selection on a menu.

"Cataract surgery with lens implantation has been performed for nearly 50 years," Jackson states. "The Crystalens is just the next generation of lens technology that simulates our own natural lens prior to turning age 40 and over."

In U.S. clinical trials, 100 percent of patients with Crystalens in both eyes could pass a driver's test without glasses. One hundred percent could see intermediate (24-30 inches, the distance for most of life's activities) without glasses, 98.4 percent could see well enough to read print the size of the NYSE quotes in the newspaper or phone numbers in the white pages of the telephone book without glasses. More than 80 percent reported that they were able to apply make-up, use their computer, shop, and carry on other routine activities without the need for glasses. Some patients did report the need for glasses for some tasks part-time.

Mitchell A. Jackson MD, is a board-certified

Ophthalmologist specializing in cataract and refractive surgery, including LASIK, LASEK, PRK, PTK, Refractive Lens Replacement, Lens Implants, Intraocular Corneal Rings (Intacs), Prelex (Presbyopic Lens Exchange), Wavefront Custom Cornea Laser Vision Correction, and PresView Surgical Reduction of Presbyopia (Scleral Implants). Dr. Jackson has extensive experience in laser vision correction, performing such since its FDA approval for use in 1995.

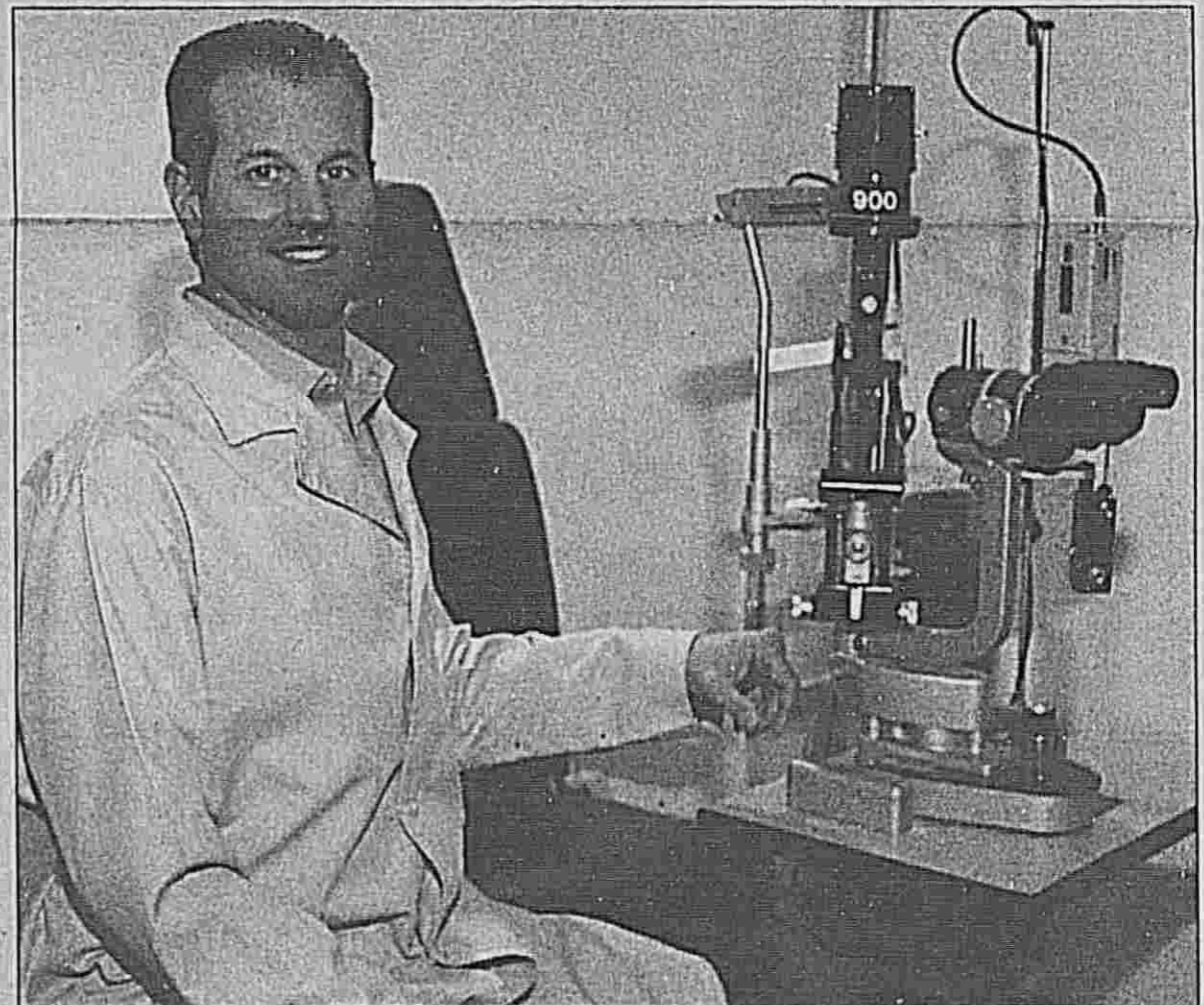
Dr. Jackson is currently involved in a new form of treatment for Keratoconus with the use of Intacs and was recently selected as one of the FDA phase 2 study sites nationwide for the PresView presbyopia procedure. He assisted in the design and was the first U.S. surgeon to use the Moria microkeratome system currently used in the LASIK procedure. Dr. Jackson has trained over 700 refractive surgeons worldwide in the use of the Moria microkeratome system.

Mitchell A. Jackson MD, received his medical degree from Chicago Medical School and completed his internship at Columbus Hospital in Chicago. His Ophthalmology

Residency was at the University of Chicago Hospitals, where he remains a clinical associate. He is on staff at many area hospitals, including the Vision Correction Center at Advocate Illinois Masonic Medical Center in Chicago and the University of Chicago Hospital.

Dr. Jackson is an active lecturer and has served as a paper panelist on LASIK at the American Society of Cataract and Refractive Surgery (ASCRS) and the International Society of Refractive Surgery (ISRS) symposia. Dr. Jackson underwent the LASIK procedure himself in May 2000. He is able to explain the procedure from a patient's perspective which is a benefit for anyone considering laser vision correction surgery.

Dr. Jackson stresses that it is imperative to undergo a thorough evaluation to find out if you might be a candidate for the Crystalens implant, or for any other treatment offered by Jacksoneye. For further information or to register for a free seminar or to schedule a complimentary consultation, contact Dr. Jackson at Jacksoneye at 847-356-0700, or you can visit his web site at www.mjlasikdoc.com.



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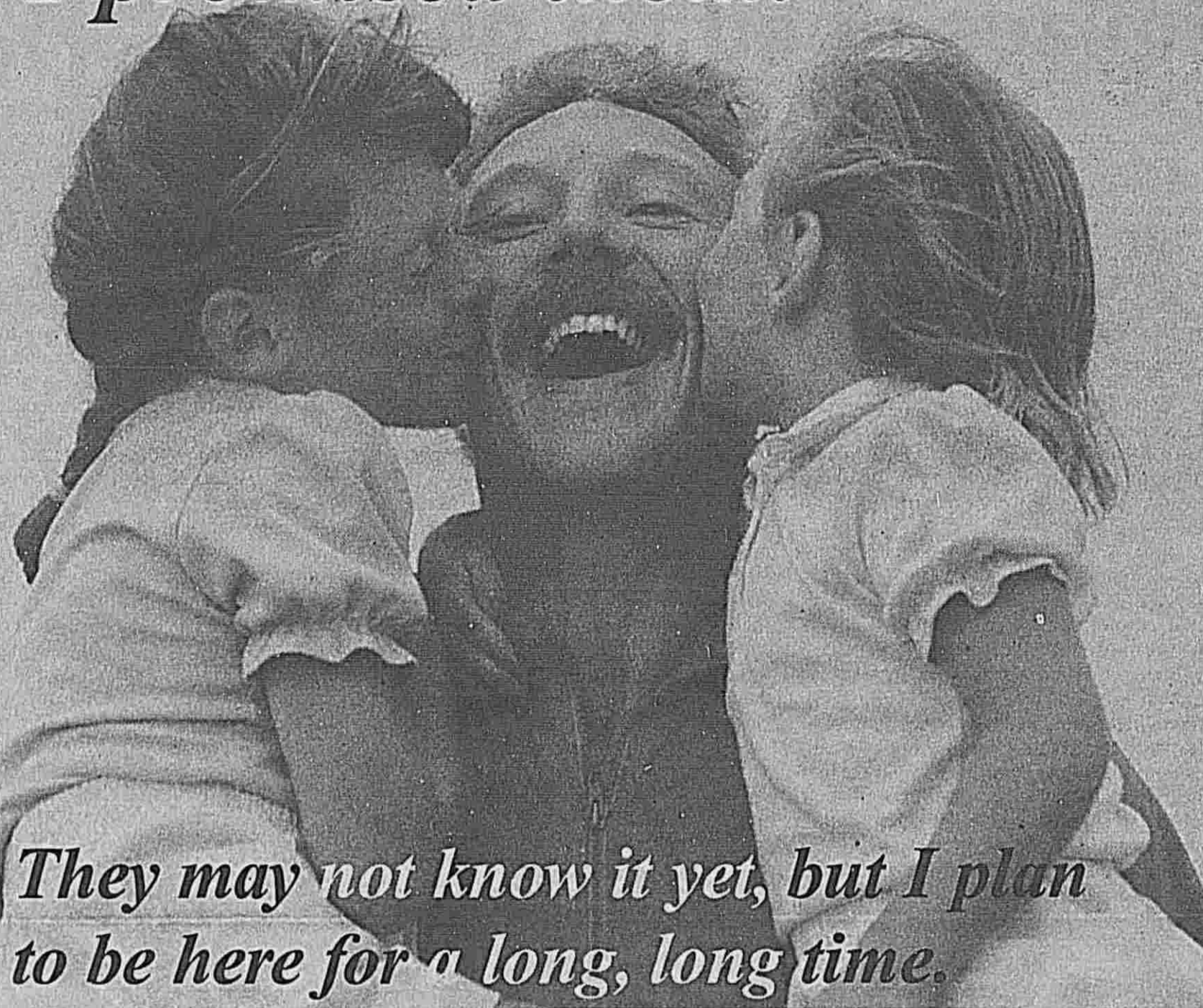
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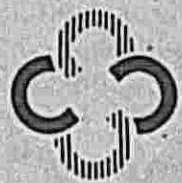
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10 Lakeland Newspapers

Condell Medical Center expands cardiology department

Take heart! Condell's bustling Cardiology Department is about to double in size to provide three cardiac catheterization labs, 12 private patient recovery rooms, and a larger waiting area for an ever-growing number of patients.

Construction is scheduled to begin this Spring 2005, with completion set for summer 2006.

"We've outgrown the current space, and the expansion will provide a more spacious, patient-friendly area that will be pleasing to visitors and staff as well," said Chuck Rosenberg, Condell's corporate director of strategic planning.

The expansion will extend from the current Cardiology Department entrance, west along Cleveland Avenue toward Garfield Avenue. The new entrance will be located next to the Condell Day Center, with access and parking off Garfield Avenue.

Condell currently has two cardiac catheterization labs. The current patient recovery area is one large room separated into eight bays with curtains between, offering only limited privacy. The expanded facility will feature 12 self-contained patient rooms with glass fronts and private bathrooms. Patients will be able to stay overnight in these rooms, if necessary.

Condell Medical Center is a member of Condell Health Network. Serving Lake County residents, Condell Health Network includes Condell Acute Care Centers, Centre Club, the innovative Condell Day Center for Intergenerational Care, Pediatric Alternatives in Creative Therapy (PACT), Condell Professional Buildings and Condell Home Health Systems.

Condell's heart care services are the busiest in Lake County. The following are statistics from 2004:

- 2,000+ diagnostic cardiac catheterizations
- Approx. 300 defibrillator and pacemaker implantations
- Approx. 7,000 echocardiograms
- 696 angioplasty procedures
- 5,000+ cardiac stress tests
- 307 open heart surgeries

Fresh produce plays an important role in a healthy diet



W

e all know that "an apple a day helps keep the doctor away," but the Dietary Guidelines for Americans released in January by the USDA drive home the importance of including a variety of fresh fruits and vegetables in your diet.

The guidelines recommend nine servings of produce every day as part of a healthy diet – four servings of fruit and five servings of vegetables. This is up from the previous recommendation of five servings a day.

"Fruits and vegetables are the powerhouse foods with mega-nutrition for few calories, and should be the cornerstone of any healthful diet," says Kathy Means, vice president of the Produce Marketing Association. Fresh fruits and vegetables are a great source of fiber, potassium and anti-oxidants.

About now, you may be thinking, "sure, they're good for me, but how in the world can I work that many servings of fruits and vegetables into my daily routine?" The good news is that it's probably easier than it appears at first glance.

While nine servings of fruits and vegetables sounds like a lot, when you look at the total quantity of food involved, it becomes much more manageable. For example, four servings of fruit translates into two cups; five servings of vegetables works out to 2 1/2 cups. And if you're filling up on fruits and vegetables, you're much less likely to be craving a candy bar or chips.

Here are some tips for fitting those nine servings a day into your menu:

- Choose a variety of fruits and vegetables. Now is a good time to expand your horizons and try something new, like

root vegetables or ugly fruit.

- Try to include different colors of vegetables in your diet every day – red, as in peppers and tomatoes; green, such as spinach and kale; orange from carrots and squash; white from corn and cauliflower; and purple like eggplant.

- Make fruits and vegetables part of every meal. Have a glass of juice with breakfast, or add berries or bananas to your morning cereal. Add a salad to your lunch routine, and vegetable dishes to your dinner table.

- Fruits and vegetables are great as portable snacks. Grab an apple or some carrots on your way out the door.

- Smoothies are fun to make, tasty to drink and a good way to consume fruits (and vegetables, too). Blend your fruit of choice with yogurt for a refreshing breakfast treat or a mid-afternoon pick-me-up.

The guidelines also advise consumers to practice safe food handling techniques. The Partnership for Food Safety Education has tips for the proper handling of fruits and vegetables at www.fightbac.org. They include checking produce for bruising or damage before you buy it; cleaning your hands before handling produce, cleaning the produce, and cleaning all surfaces that produce will come into contact with; and separating produce from other foods such as raw meat, poultry and fish.

Along with the advice to eat more fruits and vegetables, the guidelines also recommend reduced calorie consumption, limiting fat intake, consuming less salt and increasing daily exercise. Don't try to implement all these changes into your lifestyle at once. Incorporate them slowly so you won't be overwhelmed. Over time, these changes will pay off in improved health and reduced risk for major chronic diseases.

For more tips on adding fresh fruits and vegetables to your diet, visit www.5aday.org.



Lake Forest Hospital expands Minor Surgery/GI Lab; Interventional Pain Management also benefits

Keeping up with the increasing demand for screening procedures such as colonoscopies is one of the reasons Lake Forest Hospital (LFH) has opened a larger Minor Surgery/GI Lab. The lab expanded into adjacent space that became available when Maternity moved to its new quarters in the Hunter Family Center for Women's Health last year. The four additional Minor Surgery/GI suites also benefit the Interventional Pain Management program offered at Lake Forest Hospital.

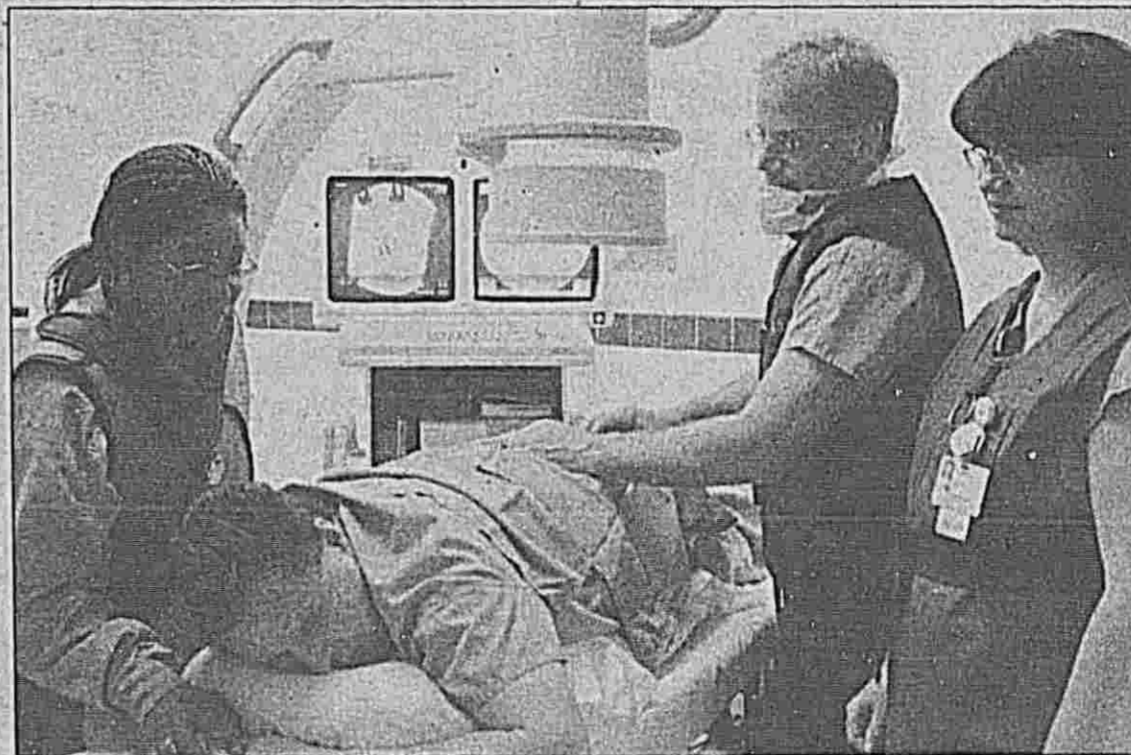
The number of colonoscopies performed has been on the rise because of increased consumer awareness due largely to an informational campaign launched by Katie Couric, of NBC's "Today Show," after her husband died of colon cancer. A recent Illinois law is also a factor. The Colon Cancer Screening Act mandates insurance coverage for most colorectal cancer examinations. Colorectal cancer is one of the most preventable cancers and, if detected in early stages, has a 90 percent survival rate in the first five years.

In addition to colonoscopies, the number of upper endoscopies being performed is also on the rise. Upper endoscopies check the

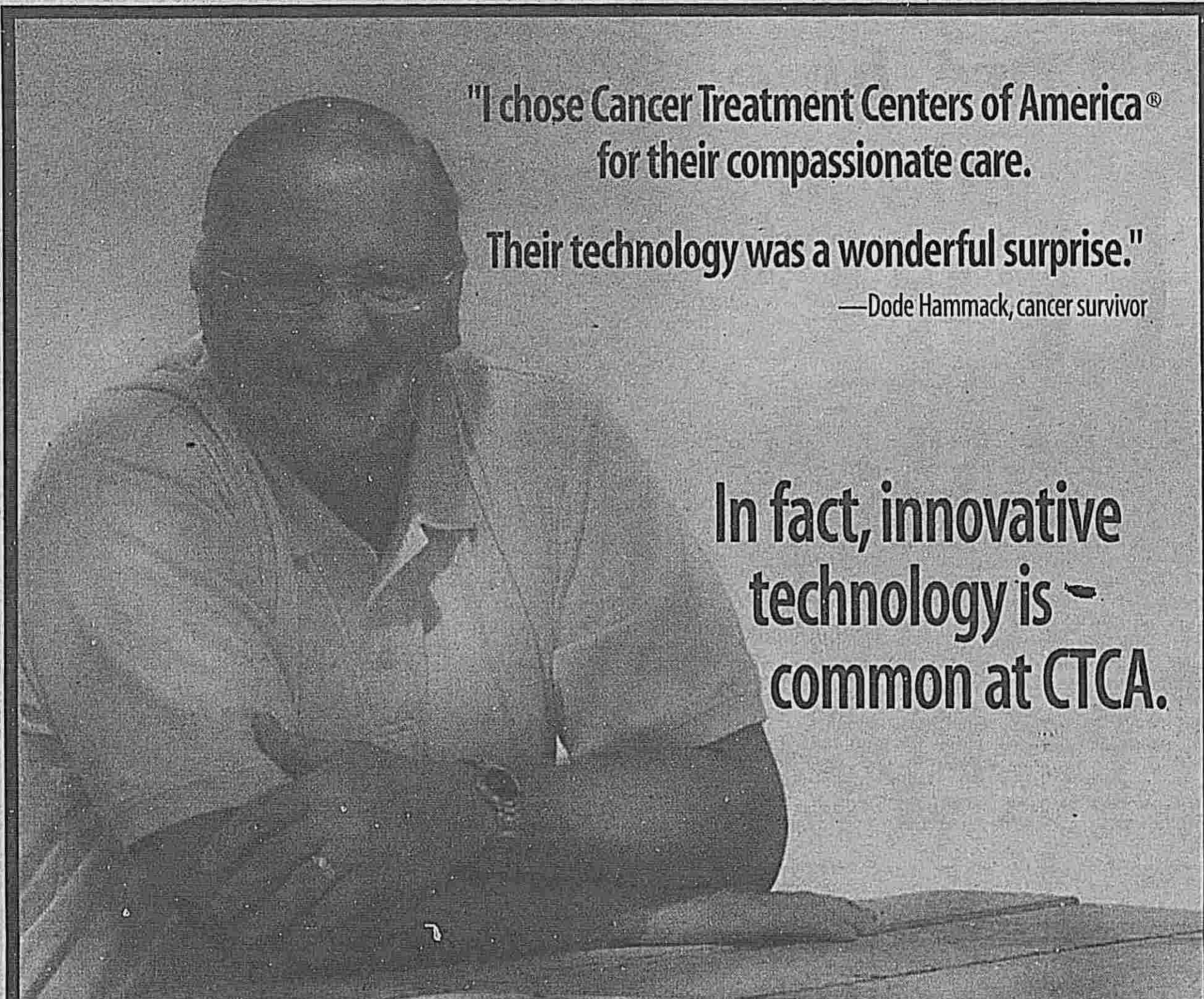
stomach and esophagus for such things as bleeding ulcers. Dr. Mark Blitstein, immediate past chairman of the LFH Department of Medicine, says upper endoscopies are becoming more important now since some substitute medications for Vioxx and Celebrex can pose a higher risk of bleeding ulcers.

All common GI procedures, which also include pH monitoring to evaluate patients for non-cardiac chest pain, are done with state-of-the-art equipment in the expanded full-service GI Lab at Lake Forest Hospital. Team Leader Sheila Blindauer, RN, says, "It's great. Our staff is very happy with the expanded facility, which can accommodate more patients more quickly."

The expansion also has provided Interventional Pain Management with two dedicated treatment suites. According to Dr. Steven Croy, this allows staff to better utilize the specialized equipment used to define and modify pain generators. He says the additional space has made visits much more user-friendly for patients seeking treatment for pain from problems such as irritated spinal nerves, cancer and injured nerves. "It makes everyone's job a lot easier and is much more efficient," he says.



The Interventional Pain Management program at Lake Forest Hospital is a beneficiary of the recent Minor Surgery/GI Lab expansion. Pictured in one of its new treatment suites are (standing from left) Mae Anding, RN, Dr. Steven Croy and Rada Niklish, MS/GI Tech.



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